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JAMIE TO THE RESCUE

MEALS IN 15 MINUTES? THE NAKED CHEF DISHES ON HIS LATEST BOOK OF RECIPES PAGE 19

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Hope you're used to the sight of photo radar boxes, as they're going to be around until the end of the decade, at least.
SHANE GIBSON/METRO

Photo radar to stay until 2020

Green light.
Committee extends enforcement contract

BERNICE PONTANILLA
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It's not about one method over the other, it's a necessary mix of both that will ensure road safety, said Winnipeg Police Service officials while defending the much-maligned photo radar enforcement program.

On Monday, the City of Winnipeg's protection and community services committee voted 3-1 in favour of awarding ACS Public Sector Solutions Inc. the contract to continue providing photo enforcement from Jan. 1, 2013, to May 31, 2020, for about $21 million plus fees.

Staff Sgt. Rob Riffel said during the meeting that photo enforcement is not meant to replace traditional enforcement efforts, but, instead, to "augment it."

"To be honest with you, I'd love a 200-person traffic unit," Riffel said in response to a question by committee chair Coun. Scott Fielding. "But the reality is we have to allocate our resources to meet a myriad of different things within the police service."

Riffel said he agrees that the police need to do a better job of educating the public that the photo radar enforcement program is not simply a money-grab.

"I don't know how we get that out," Riffel told Metro, adding the city needs "a blended approach because we can't have an officer on every corner."

Fielding (St. James-Brooklands) said he voted against the motion because he believes traditional police officers are "a more effective tool."

"If you could have 57 officers for the same cost put on the street, you could have five to seven officers in St. James, down Pembina Highway, maybe down Kenaston, making it more safe," he said.

"It changes people's attitudes and behaviours more than if you get a ticket three, four, five weeks later … For me, it's not a revenue thing, it's a safety thing."

The motion now goes to the city's executive policy committee before it gets to city council.

What's in a ticket?

"How many do I have? If you ask my wife, probably more than I should," Coun. Scott Fielding said when asked how many photo radar tickets he's received. "Two or three, I don't know. This really isn't about Scott Fielding, it's about public safety."

As cluck would have it
Ruffled feathers in council as pet bylaw delayed again PAGE 4

Nativity not on the scene
U.S. judge rules traditional Christian displays are out PAGE 8

Hobbit critters put at risk
Film's wranglers say poor housing led to 27 deaths PAGE 10

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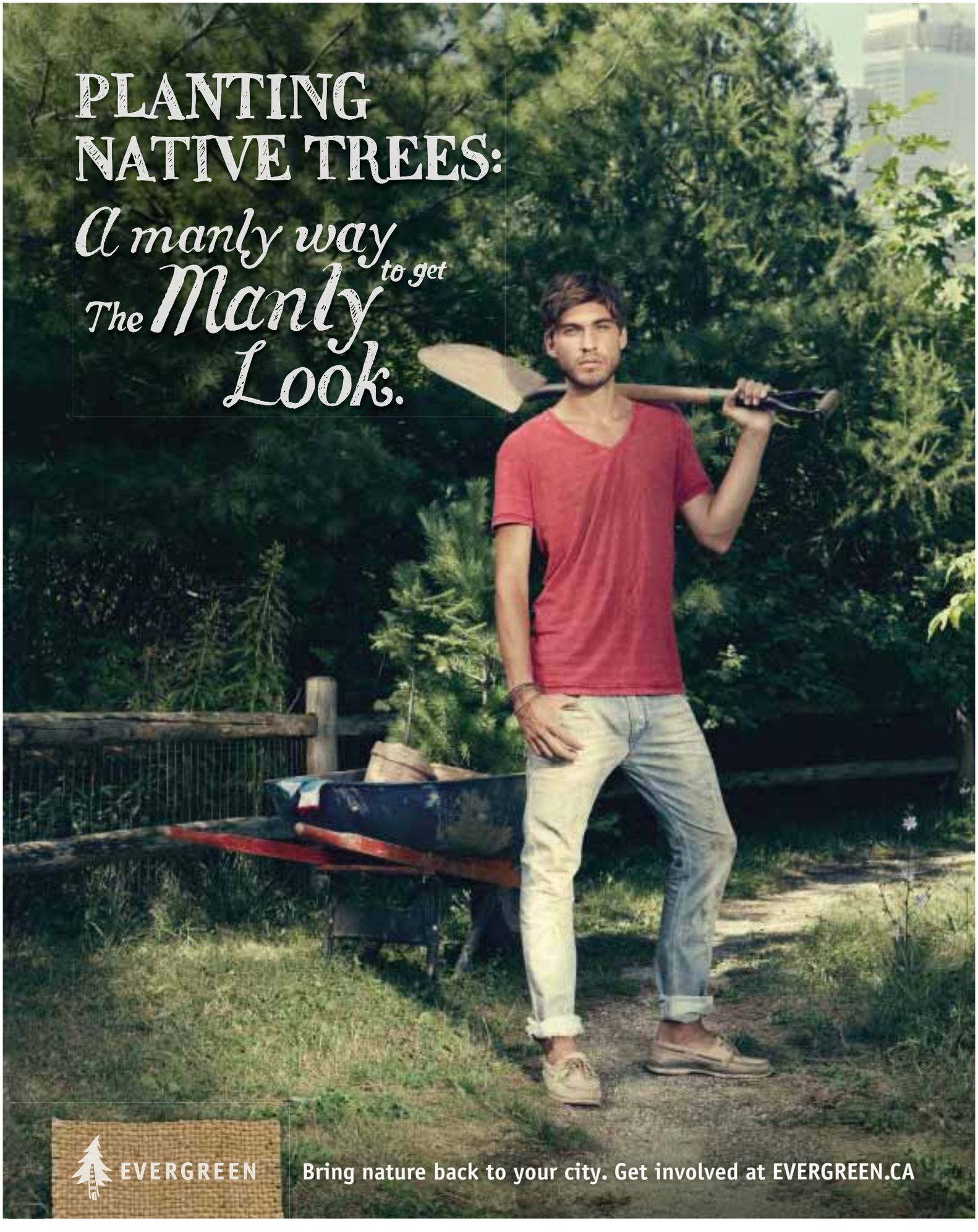
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Weapons

Winnipeg police seize gun from teenager

A teenaged boy has been arrested and faces firearm charges after a suspect was seen with a gun in the Centennial neighbourhood Sunday.

Police were called to the 500 block of William Avenue around 8:10 a.m. where they caught up with a 15-year-old boy who matched the description of someone seen in the area with a gun.

A search found the teenager had a loaded firearm in his possession.

The suspect is facing several firearms related charges and two counts of failing to comply with a sentence. He has been detained in custody at the Manitoba Youth Centre.

METRO

Firefighters vs. police

Game brings cops onto the ice

Members of the Winnipeg Police Service and the Winnipeg Fire Paramedic Service are taking a night off from saving lives and busting bad guys for a good cause this weekend.

The WPS Patrolmen hockey squad will square off against a team made up of WFPS firefighters Saturday night in the second annual Guns vs. Hoses Charity Hockey Game to raise money for families suffering from spinal muscular atrophy and muscular dystrophy.

A social will be held following the game, which is being held at the MTS Iceplex at 3969 Portage Ave. Saturday. Doors open at 5 p.m., and the puck drops at 6 p.m.

Tickets are $10 and can be picked up at the Winnipeg Police Credit Union or at the door.

METRO

Consumers line up for a chance to win candy, IKEA gift cards

Nancy, who didn't give her last name, was one of hundreds of Winnipeggers who lined up to try the IKEA vending machine at 201 Portage Ave. on Monday. Those who lined up were each given an Allen key to put into the machine for a chance to win candy or IKEA gift cards. Check out IKEA Canada's Twitter and Facebook pages to find out where the vending machine will be next. SHANE GIBSON/METRO

Province rethinking balanced-budget law

Hey, big spender.
Throne speech outlines the government's spending plans

Manitoba's NDP government appears set to break its promise to balance the budget by 2014, as it invests new money in health care, environmental programs and other items.

Premier Greg Selinger says he is giving his government some leeway in its plan, which is currently enshrined in law, to end deficits by the 2014-15 fiscal year.

"We're giving ourselves more wiggle room to deal with reality, absolutely" Selinger said Monday.

"I'm saying we want to make continual progress in being able to balance the books, and we have seen at other levels of government and across the country that there have been some changes in those plans, given the softening of the global economy, including at the federal level."

The final word will come next month when Finance Minister Stan Struthers is scheduled to release the government's second-quarter fiscal update, Selinger added, and the balanced-budget law will be changed if need be.

Former Tory leader Hugh McFadyen campaigned in last year's election on a plan to run deficits until 2017 — a move he said was the only realistic option without major tax increases.

McFadyen was criticized by some party members for the plan and announced his resignation after losing the election.

The government has tabled red-ink budgets since the 2009-10 fiscal year.

It is aiming to post a deficit of $448 million this year. To meet that target, the government has promised to sell $80 million in government assets and find $128 million in day-to-day spending reductions.

By the end of September, halfway through the fiscal year, Struthers had not sold off any assets and had found $66 million in cuts by reducing some advertising, pushing back construction projects and taking some other measures.

THE CANADIAN PRESS

Where the money is going

- Some 200 new personal care home beds will be funded and 16 rural chemotherapy centres to be upgraded to provide full cancer care.
- Medical practices will be offered extra money if they agree to take on new patients.

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Transit Tuesday

Weekly Transit News Update

TRANSIT HAS A PLAN FOR SEVERE WINTER WEATHER

Winnipeg was lucky enough to escape the full brunt of a recent snowstorm that some forecasters warned could have dumped more than 35 centimetres of snow on the city. Winnipeg Transit was carefully monitoring the progress of the storm and was prepared to implement its winter snow plan in case conditions got worse.

Winnipeg Transit's ability to provide service during severe winter weather largely depends on road conditions. If city streets become impassable due to large accumulations of snow, Transit will cautiously consider implementing the snow plan by adjusting service on selected bus routes before or during adverse winter weather conditions.

WHAT IS THE SNOW PLAN?

Winnipeg Transit's snow plan has two service levels, blue (affects about 25 per cent of service) and red (affects about 75 per cent of service). Each level is intended to minimize the number of stranded buses during a severe snowstorm while maintaining the highest level of transit service on major streets. The snow plan involves a step-down process where selected routes (especially those serving outlying areas) may be shortened or cancelled. This means you may have to walk further to or from your bus stop when the snow plan is activated.

ARE YOU PREPARED FOR A SEVERE WINTER STORM?

The best approach to winter travel is to be prepared, stay informed, and have a back-up plan. In the event of severe winter weather conditions:

• Listen to local news outlets for weather updates and snow plan information;

• Visit WinnipegTransit.com to find out which routes will be affected by the snow plan;

• Be prepared for unpredictable delays and other service disruptions;

• Dress for the weather conditions and if travel is not recommended, stay indoors.

Visit winnipegtransit.com to learn more about the snow plan before the next winter storm approaches.

U-pass

UM students vote for mandatory universal bus pass

In a referendum held at the University of Manitoba last week, students voted overwhelmingly in favour of a plan to have a discounted universal bus pass (U-pass) made mandatory at the school.

A record number of students voted in the three-day referendum, and 74 per cent were all aboard for the idea, which would give all students unlimited rides on Winnipeg Transit buses from September to April through a subsidized pass.

A vote last month at the University of Winnipeg also saw students at that school support the plan. METRO

Tennis event

Deposits refunded after failed 2013 Davis Cup bid

True North Sports & Entertainment Ltd. is refunding nearly $60,000 in ticket deposits after Winnipeg lost its bid to host the 2013 Davis Cup tie between Canada and Spain.

Vancouver has instead been chosen by Tennis Canada to host the event despite a big response from Winnipeggers during a five-day ticket deposit drive last month that saw 2,385 ticket deposits sold at $25 each.

"Winnipeg can now consider itself a major destination for Tennis Canada when considering future events." said Bruce Waschuk, President of Tennis Manitoba.

Vancouver will host the Davis Cup tie on February 1-3, 2013. METRO

Louise May, who owns Aurora organic farm in St. Norbert, pulled out her hen Gertrude during the Oct. 29 protection and community services committee meeting at city hall. BERNICE PONTANILLA/METRO FILE

Winnipeg pet bylaw review gets an extension ... again

Delay tactic? Animal services COO Leland Gordon blames chickens

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Critics are crying foul after the City of Winnipeg's top animal services dog blamed fowl for yet another extension to the city's Responsible Pet Ownership bylaw review.

"This was supposed to be presented in May of this year," said D'Arcy's ARC executive director D'Arcy Johnston after Monday's protection and community services committee meeting.

"I think it's just another delay tactic ... We'll be back on Jan. 14 to represent homeless animals in the city."

Leland Gordon, chief operating officer of Winnipeg's animal services agency, compared this bylaw review to "re-writing the highways act. It's a huge thing."

"As you know, we've had a lot of chicken talk in the media, including a chicken that appeared at council," Gordon told the committee's councillors.

"On Nov. 14, council did send a request to the administration ... to have us look at urban chicken keeping, which we are doing. It's essentially impossible for us in that quick of a time (to) turn around and bring forth a report to this committee of any quality."

Johnston said that at the Oct. 1 protection and community services committee meeting, city officials said the report was "95 per cent ready." He wonders: why not make public parts of the report?

"I know they added certain bylaws, but which bylaws? Why can't we get that information?," added Johnston, who is on the review's advisory committee.

Getting it done

Gordon said they'll try to have the review done by the Jan. 14 meeting, or will be asking for another extension.

Plane-crash survivors in stable condition at hospitals

The wreckage of the Sunday crash that killed one man and left seven injured. HANDOUT/THE CANADIAN PRESS

Seven survivors of a fatal plane crash in northwestern Manitoba were in stable condition in several different hospitals on Monday.

Health officials said the men, who work for Dumas Mine Contracting, were being treated for non-life-threatening injuries in hospitals in The Pas, Thompson, Flin Flon and Winnipeg.

The pilot of the Cessna 208 aircraft was killed when the plane crashed Sunday just a few kilometres from the airstrip near the town of Snow Lake. The RCMP have not released any names.

"A passenger who escaped the aircraft contacted 911 dispatch via cellphone to report the incident," Transport Canada said.

Police, firefighters, wildlife officers and others used snowmobiles to reach the remote scene after poor visibility prevented a military rescue team from parachuting into the area.

The survivors suffered fractures and back injuries.

THE CANADIAN PRESS

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Corruption inquiry. Reputed Quebec mobster fights to avoid testifying

Quebec's corruption inquiry has heard from police, construction bosses and bureaucrats. Pretty soon, that list could grow to include a suspected Mafia boss.

The lawyer for a reputed member of the Montreal Mafia is trying to get his client out of testifying before the inquiry.

Raynald Desjardins is currently awaiting trial for first-degree murder in the slaying of a former Bonanno crime boss.

Lawyer Marc Labelle says since his client is already awaiting trial, testifying before the inquiry could hinder his attempt to find an impartial jury.

Labelle notes that Desjardins' earlier failed attempt to have a subpoena quashed before the Quebec Superior Court received heavy media coverage and he says any testimony before the inquiry would get 10 times more attention. The lawyer asked for commission counsel to make sure it was absolutely necessary for Desjardins to testify, and, if so, that it be done behind closed doors under a publication ban.

A lawyer representing the inquiry says it's interested in Desjardins' involvement in a construction firm that specialized in decontamination.

Simon Tremblay, a commission counsel, called Desjardins' request premature and noted the date of his murder trial has not even been set.

France Charbonneau, who heads the commission, says she'll deliberate on the request.

THE CANADIAN PRESS

Truth and consequences

Testimony at Quebec's ongoing corruption inquiry suggests a complex system of bid-rigging and kickbacks that involves political parties, civil servants, construction bosses and the Mafia.

- Untold sums of public money have been squandered on projects that cost more than warranted. The mayors of Montreal and Laval have stepped down amid the turmoil.

Dangerous driving: Keep right at the pole

An electric pole stands in the middle of a road in Johnville, Que. on Monday. Allegations of corruption aren't the only plague upon Quebec's road construction network these days. Officials say they are dealing with the puzzling appearance of the utility pole — smack in the middle of a provincial highway east of Montreal. Locals say it's been there for two months. The roadway had been moved to avoid a dangerous curb, but the Hydro Quebec utility says it was only advised about the need to move its cables about three weeks ago. But by then, the roadwork was already done. A spokeswoman for the utility says a new pole is being installed and the electrical wires and telephone wires should be moved by the end of the week.

JOCELYN RIENDEAU/THE CANADIAN PRESS

Berlusconi

Six arrested over extortion plot

Italian police have arrested six people accused of trying to extort $45 million from ex-premier Silvio Berlusconi in exchange for documents they claimed could help him in a legal case.

Milan police said Monday that three of the six had held one of Berlusconi's closest advisers hostage for 11 hours in his home last month until he reached Berlusconi.

THE ASSOCIATED PRESS

Petroglyphs

Ancient rock carvings stolen

Rock carvings that graced a sacred Native American site in California's mountains for thousands of years have fallen prey to modern thieves armed with power saws.

At least four petroglyphs were hacked from lava cliffs. They are probably worth only about $500 to $1,500 on the illegal art market but are priceless to American Indians. THE ASSOCIATED PRESS

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Ban on generic OxyContin rejected

Ottawa. The federal government will not ban the addictive painkiller, says provinces can control abuse

The federal government has rejected provincial pleas to delay or deny approval of the generic form of OxyContin, a highly addictive painkiller that has been widely abused in many small towns and remote First Nations reserves.

Instead, Health Minister Leona Aglukkaq says Ottawa will tighten licensing rules so that distributors of oxycodone have to keep better track of where the drug goes. They will now need to report spikes in sales and changes in distribution patterns, in addition to previous responsibilities to report losses and theft.

Quoted

"Banning a generic version of one drug would do little to solve the actual problem."

Health Minister Leona Aglukkaq
Pointing out there are "almost 100 authorized drugs" in the same class as OxyContin.

Aglukkaq is also telling the provinces to use their own power over doctors and pharmacists to crack down on wayward prescriptions.

"Banning all these drugs because they have the potential to be addictive would help dry up the drug supply for addicts, but would lead to pain and suffering for patients who desperately need them," Aglukkaq said in a letter to provincial and territorial health ministers. **THE CANADIAN PRESS**

Prescription pills containing oxycodone and acetaminophen are shown in this June 2012 photo. GRAEME ROY/THE CANADIAN PRESS FILE

Money. Alberta premier's sister expensed public for Tory party events: Docs

New documents show the sister of Alberta Premier Alison Redford used her position as a health board executive to attend and hold Progressive Conservative party events on the taxpayers' dime.

There was money for liquor, travel, hotels, flowers and bug repellent.

Wildrose party Leader Danielle Smith, while releasing the documents Monday, said a bigger investigation is needed since Lynn Redford and those who signed off on those expenses remain executives with Alberta's health superboard.

"We've got the same people in positions today who exercised this lack of judgment, and they need to be called to account," Smith told a news conference at the legislature.

Smith said the case bridges the two scandals of health officials abusing their expense accounts — such as former Edmonton health region chief financial officer Allaudin Merali — with public institutions delivering government grant and operating money to the PC party.

"This connects with the broader story of repeated instances of illegal activity in giving donations to a partisan political party from taxpayer dollars," said Smith. "We want to know how widespread that problem is."

Alberta Premier Alison Redford
THE CANADIAN PRESS FILE

Premier Redford refused to answer questions from reporters in Ottawa, where she was giving a speech.

The Wildrose party obtained the documents under freedom of information rules. The papers pertain to Lynn Redford's spending while she was government relations adviser to the now-defunct Calgary Health Region from 2005 to 2008, well before her sister became premier. **THE CANADIAN PRESS**

Petitions

Conservative MPs keep abortion debate alive

It's been two months since the House of Commons rejected a controversial abortion-related motion, but Conservative MPs are using a tried and true parliamentary tool to keep the issue alive.

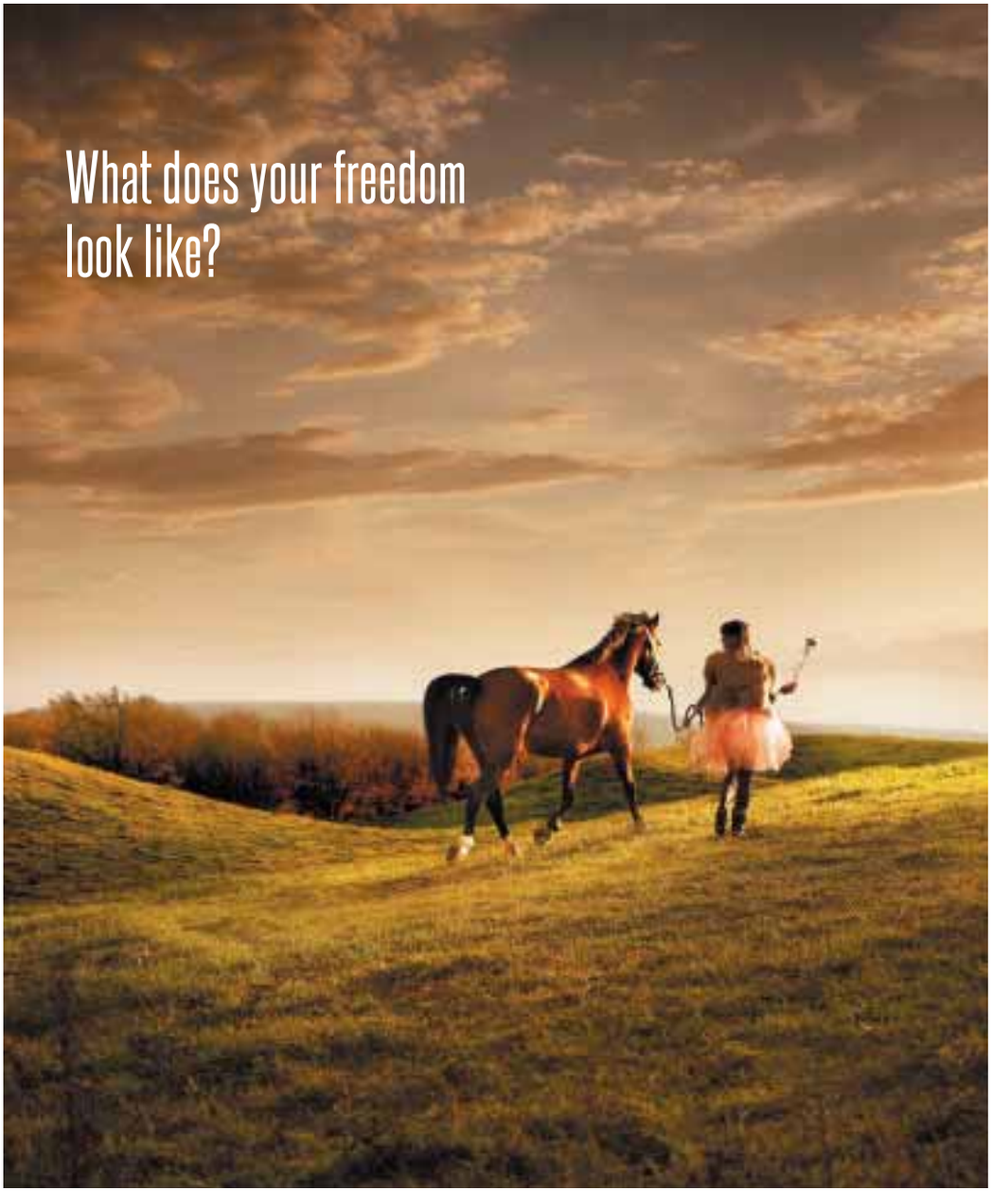
Petitions on abortion have been filed at least 20 times by Conservative MPs (Lawrence MacAulay of the Liberals has also presented one) since the Commons voted down a controversial backbench motion to study the definition of a human being in the Criminal Code. **THE CANADIAN PRESS**

B.C.

Lessons must be learned from failures of missing women's inquiry: Rights groups

Three B.C. human rights organizations are jointly panning the Missing Women's Inquiry as a failure even before the inquiry's report and recommendations are handed to the province.

The B.C. Civil Liberties Association, Pivot Legal Society and West Coast LEAF all contend the inquiry was a missed opportunity to include the voices of the marginalized women. **THE CANADIAN PRESS**



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Denied: No nativity scene, U.S. judge rules

'The atheists won.'
Santa Monica's decision to ban all displays upheld as Christian group sues over freedom of speech

In this photo from last year's Christmas season, a woman walks past traditional displays showing the Nativity in Santa Monica, Calif. THE ASSOCIATED PRESS FILE

A display set up by avowed atheist Damon Vix in Palisades Park picturing Poseidon, Jesus, Santa Claus and the devil. SCOTT HEAD/THE ASSOCIATED PRESS

A federal judge on Monday denied a Christian group's bid for a preliminary injunction to force suburban Santa Monica to reopen spaces in a city park to private displays, including Christmas nativity scenes.

U.S. District Court Judge Audrey Collins formalized an earlier tentative ruling during a hearing.

William Becker, the attorney for the Christian group, said he will appeal.

"The atheists won and they will always win unless we get courts to understand how the game is played and this is a game that was played very successfully and they knew it," Becker said after the hearing.

Christmas nativity scenes had been erected in Palisades Park for decades. Last year, atheists overwhelmed the city's auction process for display sites, winning most of the slots and triggering a bitter dispute.

Santa Monica officials snuffed the city's holiday tradition this year rather than referee the religious rumble, prompting churches that have set up a 14-scene Christian diorama to sue over freedom of speech claims.

"It's a sad, sad commentary on the attitudes of the day that a nearly 60-year-old Christmas tradition is now having to hunt for a home, something like our saviour had to hunt for a place to be born because the world was not interested," Hunter Jameson, head of the non-profit Santa Monica Nativity Scene Committee, said in advance of the hearing.

The atheists were not parties to the legal case. Their role outside court highlights a tactical shift as atheists evolve into a vocal minority eager to get their non-beliefs into the public square as never before. THE ASSOCIATED PRESS

Sounds like a holiday flick

"Our goal is to preserve the tradition in Santa Monica and to keep Christmas alive."

William Becker, attorney for the Christian group fighting to keep nativity scenes in Santa Monica, nicknamed the City of the Christmas Story

Chimps may get midlife crises too, scientists say

Chimpanzees in a midlife crisis? It sounds like a setup for a joke.

But there it is, in the title of a report published Monday in a scientific journal: Evidence for a Midlife Crisis in Great Apes.

So what do these apes do? Buy Ferraris? Leave their mates for some cute young bonobos?

Uh, no.

"I believe no ape has ever purchased a sports car," said Andrew Oswald, an author of the study. But researchers report that captive chimps and orangutans do show the same low ebb in emotional well-being at midlife that some studies find in people.

That suggests the human tendency toward midlife discontent may have been passed on through evolution, rather than resulting just from the hassles of modern life, said Oswald, a professor of economics who presented his work Monday.

Yes, apes do have social lives, so "it could still be something human-like that we share with our social cousins," he said. "But our result does seem to push away the likelihood that it's dominantly something to do with human life." THE ASSOCIATED PRESS

The happiness curve

Several studies have concluded that happiness in humans tends to follow a certain course between 20 and 70.

- It starts high, declines to reach a low point in the late 40s, then turns around and rises to another peak at 70. On a graph, that's a U-shaped pattern.

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Hollywood. Apology offered over blacklisting of writers, actors, directors

The son of The Hollywood Reporter founder Billy Wilkerson is apologizing for his father's and the trade paper's role in the 1947 Hollywood Blacklist that destroyed the careers of writers, actors and directors accused of having communist ties.

In an article published by The Hollywood Reporter on Monday, Willie Wilkerson calls the Blacklist era "Hollywood's Holocaust'" and says that on the eve of "this dark 65th anniversary, I feel an apology is necessary."

He says his father supported the Blacklist to exact revenge against the Hollywood titans he felt denied him entry to their club when he wanted to establish a movie studio in the late 1920s. THE ASSOCIATED PRESS

Online

For more news, go to metronews.ca

Charges

New York cop pleads not guilty in cannibal case

A New York City police officer has pleaded not guilty to charges he plotted to abduct and cook women so he could eat their body parts.

Gilberto Valle entered the plea Monday in federal court in Manhattan.

Authorities arrested the 28-year-old NYPD officer last month based on a tip from his estranged wife.

The FBI says it uncovered emails from Valle to an unidentified co-conspirator "discussing plans to kidnap, rape, torture, kill, cook and eat body parts of a number of women."

No women were actually harmed, and Valle's lawyer claims he was never a threat. She says the alleged plot was pure fantasy.

The jailed Valle is due back in court Tuesday for a bail hearing. THE ASSOCIATED PRESS

Hobbit producers let animals from film die, wranglers say

Up to 27 dead. Director's spokesman says two deaths were avoidable, while others were from natural causes

PETA protest

The animal-rights group People for the Ethical Treatment of Animals says it's planning protests at the premieres in New Zealand, the U.S. and the U.K.

Animal wranglers involved in the making of The Hobbit movie trilogy say the production company is responsible for the deaths of up to 27 animals, largely because they were kept at a farm filled with bluffs, sinkholes and other "death traps."

The American Humane Association, which is overseeing animal welfare on the films, says no animals were harmed during the actual filming. But it also says the wranglers' complaints highlight shortcomings in its oversight system, which monitors film sets but not the facilities where the animals are housed and trained.

A spokesman for trilogy director Peter Jackson on Monday acknowledged that horses, goats, chickens and one sheep died at the farm near Wellington where about 150 animals were housed for the movies, but he said some of the deaths were from natural causes.

The spokesman, Matt Dravitzki, agreed that the deaths of two horses were avoidable, and said the production company moved quickly to improve conditions after they died.

The Hobbit: An Unexpected Journey, the first movie in the planned $500-million trilogy, is scheduled to launch with a red-carpet premiere Nov. 28 in Wellington and will open at theatres in the U.S. and around the world in December.

The Associated Press spoke to four wranglers who said the farm near Wellington was unsuitable for horses because it was peppered with bluffs, sinkholes and broken-down fencing. They said they repeatedly raised concerns about the farm with their superiors and the production company, owned by Warner Bros., but it continued to be used. They say they want their story aired publicly now to prevent similar deaths in the future. THE ASSOCIATED PRESS

This film image released by Warner Bros. shows Ian McKellen as Gandalf in a scene from the fantasy adventure The Hobbit: An Unexpected Journey. THE ASSOCIATED PRESS

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Religious festival

At least 14 dead, several injured after Indian stampede

At least 14 people were killed, including at least six children, in a stampede Monday night during a religious festival in the eastern state of Bihar, police said.

The stampede occurred as hundreds of Hindu worshippers gathered along the bank of the Ganges River in Patna to offer prayers to the sun god during the Chhath festival, according to police Superintendent Jayant Kant.

A power outage sparked panic as crowds filled a walkway leading from the riverbank into the Ganges, and people trampled one another as they fought to get to shore. THE ASSOCIATED PRESS

Abortion laws

Irish form panel to investigate woman's death

Ireland formed an expert panel Monday to investigate why an Indian woman died in an Irish hospital — and whether her life might have been saved had she received an abortion.

The case of Savita Halappanavar has focused worldwide attention on Ireland's two-decade failure to define when abortions can be performed legally to save the life of a woman.

The 31-year-old dentist died Oct. 28. Her widow says they asked for an abortion for three days to ease her pain but were refused because the fetus still had a heartbeat. THE ASSOCIATED PRESS

Vote of confidence

EU endorses new Syrian coalition

The newly formed Syrian opposition coalition received backing from the European Union on Monday in a significant vote of confidence for a movement struggling to prove its credibility and gain the trust of splintered factions.

The endorsement of the coalition as a legitimate voice for Syria's people represents a major step forward in the West's acceptance of the group, even as fast-moving events and fluid alliances are casting doubts on the direction of the rebellion.

"The EU considers them legitimate representatives of the aspirations of the Syrian people," the bloc's 27 ministers said. THE ASSOCIATED PRESS

Palestinian casualties continue to rise from Israeli missile strikes

Gaza strife. Hamas and Israel presenting ceasefire conditions to Egypt as diplomats worldwide join in to help broker peace

Israeli aircraft struck crowded areas in the Gaza Strip and killed a senior militant with a missile strike on a media centre Monday, driving up the Palestinian death toll to at least 100, as Israel broadened its targets in the six-day-old offensive meant to quell Hamas rocket fire on Israel.

Escalating its bombing campaign over the weekend, Israel began attacking homes of activists in Hamas, the Islamic militant group that rules Gaza. These attacks have led to a sharp spike in civilian casualties, killing 24 civilians in just under two days and doubling the number of civilians killed in the conflict, a Gaza health official said.

The rising toll came as Egyptian-led efforts to mediate a cease-fire between Israel and Hamas got into gear.

While Israel and Hamas were far apart in their demands, both sides said they were open to a diplomatic solution — and prepared for further escalation if that failed.

Casualties

- **Palestinians.** Overall, the offensive that began Wednesday killed at least 100 Palestinians, including 53 civilians, and wounded some 840 people, including 225 children, a Gaza heath official said.
- **Israelis.** On the Israeli side, three civilians have died from Palestinian rocket fire, and dozens have been wounded.

The leader of Hamas took a tough stance, rejecting Israel's demands that the militant group stop its rocket fire. Instead, Khaled Mashaal said Israel must meet Hamas' demands for a lifting of the blockade of Gaza.

"We don't accept Israeli conditions because it is the aggressor," he told reporters in Egypt. "We want a ceasefire along with meeting our demands."

An Israeli official said Israel doesn't want a "quick fix" that will result in renewed fighting months down the road. Instead, they want "international guarantees" that Hamas will not rearm or use Egypt's neighbouring Sinai peninsula for militant activity.

THE ASSOCIATED PRESS

Palestinians carry an injured man after an Israeli strike on a building in Gaza City, Monday. It was the Israeli military's second strike on the building in two days. The Palestinian militant group Islamic Jihad says another Israeli strike on a Gaza media centre killed one of its top militant leaders. BERNAT ARMANGUE/THE ASSOCIATED PRESS

Modern warfare

Israeli tech experts fending off hackers

A concerted effort of millions of attempts to cripple Israeli websites during the Gaza conflict has failed, Israel's finance minister said Monday, claiming that the only site that was successfully hacked was back up within minutes.

Cyber-security experts said that such hacking attempts have become a new aspect of modern-day warfare and states have to invest in fortifying their virtual defences on a battleground with vague terrain.

Israel regularly fights off hundreds of hacking attempts every day, but nothing on the scale of the recent torrent of attacks.

The online group Anonymous and other protesters have barraged Israel with more than 60 million hacking attempts, according to the finance minister, Yuval Steinitz.

THE ASSOCIATED PRESS

FBI declassifies docs about Stalin's daughter

Soviet dictator Josef Stalin with his daughter Svetlana Alliluyeva. Newly declassified files show the FBI was gathering details from informants on how Alliluyeva's arrival in the United States was affecting international relations after her high-profile defection in 1967. COURTESY ICARUS FILMS/THE ASSOCIATED PRESS

Newly declassified documents show the FBI kept close tabs on Soviet dictator Josef Stalin's only daughter after her high-profile defection to the United States in 1967, gathering details from informants about how her arrival was affecting international relations.

The documents were released Monday to The Associated Press under the Freedom of Information Act following Lana Peters' death last year at age 85 in a Wisconsin nursing home. Her defection during the Cold War embarrassed the ruling communists and made her a bestselling author. Her move was also a public relations coup for the U.S.

When she defected, Peters was known as Svetlana Alliluyeva, but she went by Lana Peters following her 1970 marriage to William Wesley Peters, an apprentice of Frank Lloyd Wright. Peters said her defection was partly motivated by the Soviet authorities' poor treatment of her late husband, Brijesh Singh, a prominent figure in the Indian Communist Party.

George Kennan, a key figure in the Cold War and a former U.S. ambassador to the Soviet Union and Yugoslavia, advised the FBI that he and Alliluyeva were concerned Soviet agents would try to contact her, a December 1967 memo reveals. The memo notes that no security arrangements were made for Peters, and no other documents in the file indicate that the KGB ever tracked her down.

Many of the 233 pages released were heavily redacted, with the FBI citing concerns related to foreign policy, revealing confidential sources and releasing medical or other information. THE ASSOCIATED PRESS

Hoover

In one exchange, a person whose name was redacted wrote to then-FBI Director J. Edgar Hoover, asking that he forward a letter on to "Joe Stalin's daughter."

- **Response.** The file contains Hoover's terse, three-sentence response denying his request, saying the FBI does not forward mail. "I trust you will understand," he wrote.

Camping for Black Friday bargains

Denise Smith-Lad, left, asks her grandson Jordan Smith, 6, what he would like to eat as they camp in front of a Best Buy store in Cockrell Hill, Texas, on Monday. Smith and her family have come early to line up all week for the shopping deals available on Black Friday, the day after U.S. Thanksgiving. LM OTERO/THE ASSOCIATED PRESS

BCE files new proposal to buy Astral Media

Telecom. After its last pitch was rejected, firm tries to address viewing shares 'from the CRTC's perspective'

BCE president and CEO George Cope is shown in this file photo. The company has put together a new proposal to buy Astral Media, after the CRTC turned down its last pitch. THE CANADIAN PRESS FILE

BCE Inc. expects that its new proposal to buy Astral Media will address the federal regulator's concern about the telecom giant dominating the television market.

Bell's chief regulatory officer Mirko Bibic wouldn't comment Monday on the possible sale of any radio or TV assets owned by Montreal's Astral to make the deal work. But Bibic said the new $3.38-billion proposal to buy Astral will address the CRTC's concern about market dominance.

"The proposal that we filed today will address the issue of viewing shares from the CRTC's perspective," Bibic said. "It's putting a package together that addresses the mechanical, numerical threshold the way the CRTC calculates it."

The CRTC killed the deal last month, saying it wasn't in the best interests of Canadians and would have resulted in an unprecedented level of concentration in the Canadian marketplace. The CRTC said if the multibillion-dollar deal had gone ahead, Bell would have controlled almost 45 per cent of the English TV viewership and almost 35 per cent of the French-language market. THE CANADIAN PRESS

Mortgage rules hit new buyers too hard, brokers tell Ottawa

Canada's mortgage brokers say recent changes to federal rules have taken too big a bite out of an already cooling housing market and they suggest policy-makers should address the needs of their industry.

The Canadian Association of Accredited Mortgage Professionals says a survey of 2,000 consumers in October, conducted on CAAMP's behalf, suggests that first-time buyers have been hard hit by the tighter mortgage rules.

"We worry that this is having a dampening effect on what was an already cooling market and we hope policy-makers will give some thought to addressing the needs of this key sector of the market," association president and CEO Jim Murphy said in a statement.

CAAMP chief economist Will Dunning said the smaller number of first-time buyers has already affected the resale market.

Federal Finance Minister Jim Flaherty speaks in Fredericton last week. He has said that tighter mortgage rules reduce the risk of buyers taking on too much debt. ANDREW VAUGHAN/THE CANADIAN PRESS

"The housing-resale numbers behave like a canary in the mine for us," Dunning said. "My concern is that a policy-induced housing market downturn creates unnecessary risk that directly affects not just housing, but job creation and the economy as a whole."

Finance Minister Jim Flaherty has said the new rules were intended to deal with overpriced real-estate in certain cities and certain types of housing. He has said the tighter mortgage rules reduce the risk of buyers taking on too much debt. THE CANADIAN PRESS

Impact of mortgage rules

- The semi-annual report from the Canadian Association of Accredited Mortgage Professionals found that about 17 per cent of high-ratio mortgages funded in 2010 cannot be funded today, including 11 per cent of prospective high-ratio homebuyers who can't qualify under the new 25-year amortization rule.

Market Minute

DOLLAR 100.34¢ (+0.44¢)

TSX 12,040.40 (+162.68)

OIL $89.28 US (+$2.36)

GOLD $1,734.40 US (+$19.70)

Natural gas: $3.73 US (-7¢)
Dow Jones: 12,795.96 (+207.65)

Hostess bankruptcy

Twinkies haven't struck out just yet

Twinkies will live to see another day. Hostess Brands Inc. and its second-largest union agreed on Monday to try to resolve their differences after a bankruptcy court judge noted that the parties hadn't gone through the critical step of private mediation.

That means the maker of the spongy cake with the mysterious cream filling won't go out of business yet.

The news comes after the Texas-based maker of Ho Ho's, Ding Dongs and Wonder Bread last week moved to liquidate and sell off its assets in bankruptcy court. Hostess cited a crippling strike started on Nov. 9 by the Bakery, Confectionery, Tobacco Workers and Grain Millers International Union.

Meanwhile, Canadian snack cake maker Saputo Inc. hopes that U.S. fans of Twinkies, Ding Dongs and Ho Ho's will get their fix by switching to Jos. Louis and May West. Saputo Inc. has been making a sales push for its Vachon snack cakes into the Eastern United States for the past year. THE ASSOCIATED PRESS

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CORRECTION NOTICE

In the November 16, 2012, paper, the incorrect advertisement for Rent-A-Centre was printed. We apologize for any inconvenience and confusion this may have caused.

VIGILANTISM AND JERK-SHAMING ON THE WEB

SHE SAYS...
Jessica Napier
metronews.ca

One of the best things about the Internet is also one of the worst: anonymity. Sadly, much of the web has become a place for inconspicuous individuals to hurl racist/homophobic/misogynistic statements into the ether without any regard for what the consequences might be once they step away from the keyboard.

But as younger generations care less and less about privacy, the barriers between real life identities and our online selves are eroding and it's becoming harder to hide behind the veil of assumed anonymity. As a result, waves of new digital vigilantes are working to expose online trolls and make them accountable for their vitriol spewing.

What not to say online

"Internet users have re-appropriated the word faggot as a casual insult and use it with thoughtless abandon."

Earlier this month, a Canadian man created a You Hate Faggots Tumblr page in response to the proliferation of homophobic language on the web. "The hatred is rampant and in most cases the people don't even know what they're doing or saying is wrong," he says. "Faggot as a pejorative has become about as common as 'your mama' jokes." Internet users have re-appropriated the word faggot as a casual insult and use it with thoughtless abandon.

The creator behind You Hate Faggots publishes ignorant tweeters' names and photos alongside his own snarky commentary to highlight the de-contextualization of the word. "By using parody to illustrate the wrongness in using the term incorrectly, I want to show that there is a relationship between faggot and gay, whether the user understands it or not," he says.

South of the border, the writers at Jezebel took web justice into their own hands by broadcasting a list of teenage Twitter users' contact information and hometowns alongside their racist rants regarding the presidential election. Taking the crusade one step further, the blog then outed the opinionated high school students to their principals and administrators.

Some criticized Jezebel's actions as a form of cyber-bullying (these were minors after all) while others praised the blog for making young people understand that online bigotry, however offhanded it might be, can have tangible repercussions.

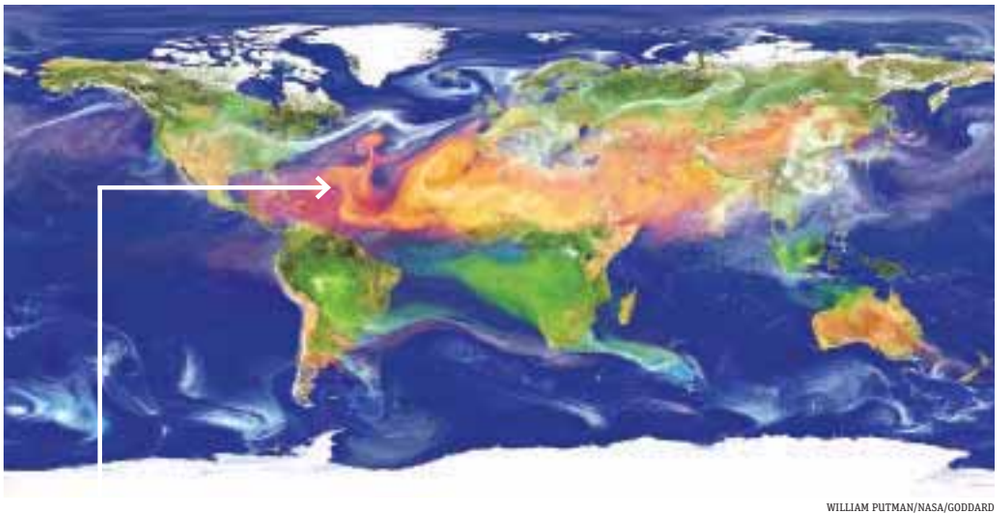
For the creator of You Hate Faggots, naming and shaming prejudiced Internet users isn't about ruining lives, but exposing the issues. "The intentions are not to troll," he says, "the objective has always been to create awareness."

Call it what you will — the naive indiscretions of youth or deep-seeded intolerance — but if you are old enough to own a cellphone and arrogant enough to share hateful opinions from an account boasting your real identity, I'm not going to feel too sorry for you if it comes back to haunt you when you start applying for colleges or begin looking for a job.

Follow Jessica Napier on Twitter @MetroSheSays

Sites such as You Hate Faggots and Jezebel publicly shame homophobes and racists. METRO

Something is in the air



WILLIAM PUTMAN/NASA/GODDARD

Earth photography

Earth's swirling gases revealed

This astonishing image from a NASA supercomputer highlights the presence of aerosols in the Earth's atmosphere.

The Goddard Earth Observing System Model version 5 (GEOS-5) can show worldwide weather at up to 3.5 kilometre resolution (pictured: 10 kilometre) as part of climate science research.

The image processing takes place in Greenbelt, Md., at the NASA Center for Climate Simulation at Goddard Space Flight Center.

METRO

Element guide

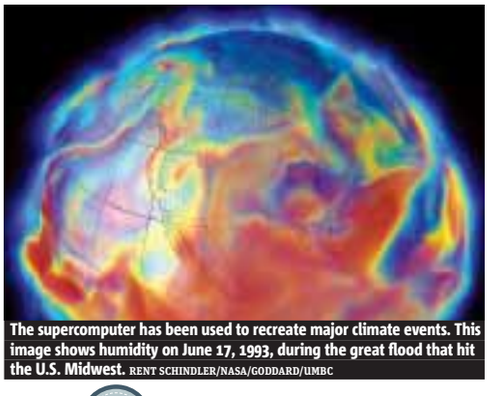
The aerosol patterns by colour:

- **Red.** Dust that has risen from the Earth's surface.
- **Blue.** Sea-salt swirls seen inside cyclones.
- **Green.** Smoke rising from fires.
- **White.** Sulphate particles from volcanoes and fossil fuel emissions.
- **Website:** For the latest on NASA's many endeavours, visit nasa.gov.

How an image is created

Facts on the supercomputer that generated the image:

- **Supercomputer's superpower.** The Discover supercomputer is located at NASA's Center for Climate Simulation. It totals nearly 15,000 processors with a peak performance of nearly 160 trillion operations per second. That's 900 times the speed of the standard Intel Core processor in your PC.
- **Time scale projections.** Discover-hosted simulations span time scales from days (weather prediction) to seasons and years (short-term climate prediction) to decades and centuries (climate change projection).
- **Weather year predicted.** NASA scientists hope the imaging techniques of the supercomputer will allow them to project weather and climatological forecasts well into the future — as far as the year 2100.

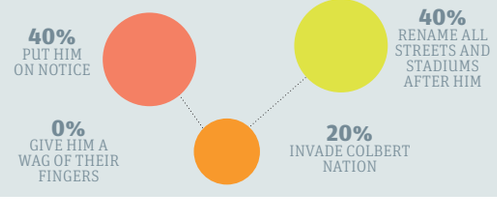


The supercomputer has been used to recreate major climate events. This image shows humidity on June 17, 1993, during the great flood that hit the U.S. Midwest. RENT SCHINDLER/NASA/GODDARD/UMBC

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How should Windsor, Ont., (and Winnipeg) respond to Stephen Colbert's "Earth's rectum" remarks?



Twitter

@MairlynSmith: Sitting in a restaurant in Winnipeg, there is Christmas music playing, there is snow on the ground, and I LIKE it. # imachristmaself

@AtomicFireEat: Poor Santa, no one appreciates him in Winnipeg. He still has the same s--ty sleigh float since I was a kid. That's a long time folks

@JoeDaleySports: Buying any stuff from the old Winnipeg Stadium ? Yep we can frame it for you. Frame that chunk of turf with some photos.

@janeens_: blue eyeshadow should be illegal

@HottyJohnScotty: If I were a wizard, my most powerful attack spell would be "Confound Bowel".

metro

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DVD review

The Expendables 2

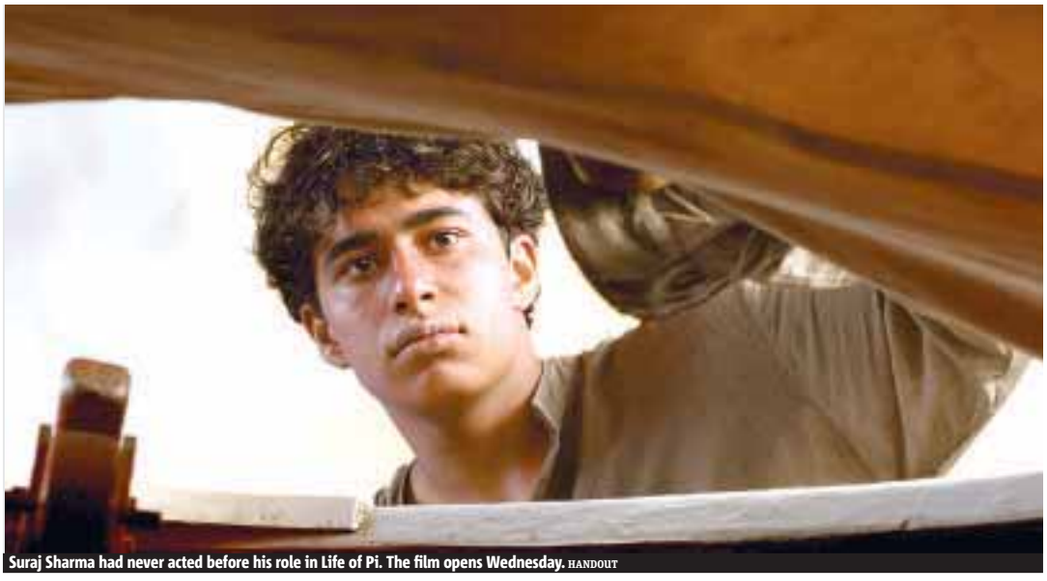
Director. Simon West

Stars. Sylvester Stallone, Liam Hemsworth, Randy Couture

●●●○○

Stallone's Expendables have all reached the age where they're as likely to reach for the Botox as for the testosterone supplements, and they're not trying very hard to hide it. Especially since the success of their first film proved the enduring popularity of action heroes in their 50s and 60s, all the more so when you cram so much muscle into a single movie. The pumped-up pack has a couple of noteworthy additions (Jean-Claude Van Damme and Chuck Norris) and subtractions (Mickey Rourke and Steve Austin), plus enlarged cameos (Arnold Schwarzenegger and Bruce Willis) and returning mainstays (Stallone, Jason Statham, Dolph Lundgren, Jet Li, Terry Crews and Randy Couture). There's also the obligatory tough girl, the code-breaking and neck-snapping hottie Maggie (Yu Nan). The plot can be summed up in Barney's answer to his slicing sidekick Lee Christmas (Statham), when he's asked, "What's the plan?" Barney snarls: "Track 'em. Find 'em. Kill 'em." At no point does anybody take any of this seriously, even when the inevitable showdown occurs between Stallone and Van Damme.

PETER HOWELL



Suraj Sharma had never acted before his role in Life of Pi. The film opens Wednesday. HANDOUT

Life of why: Actor sets sights on philosophy

From student to star. Ang Lee isn't just a director, he's a guru. Pi lead Suraj Sharma talks about how Lee changed his life

HEIDI PATALANO
Metro World News in New York

Suraj Sharma is pretty much your average student. He's polite, well-spoken and majoring in philosophy this year. He also just starred in the new epic 3D film by Ang Lee and counts the venerated director as a close friend and teacher. Sharma had never acted before he took on the title role in Life of Pi — he was selected out of thousands of non-professional actors auditioning for the part. Playing a young man adrift at sea, Sharma lost weight, gained weight, befriended a tiger named Richard Parker and learned to fish.

Along the way, he tells us, the film changed him into the man he is today.

What path were you on before this movie happened and where do you see things going now?
Before the movie I didn't really know what to do. I was in school and I was, I would say, lost … Luckily enough (director Ang Lee) picked me up, and took me to Taiwan. Over there, I changed as a person. I realized more about myself, more about everything. Working with Ang changes you, I guess. Before Pi I was really a bad student. I didn't do very well in school at all, ever, and I came back and I changed in a million ways. … I did surprisingly well in school. I didn't even know how. Suddenly I was getting like 94 per cent and stuff like that and ... now in college I'm doing philosophy, so things really changed.

Did the movie inspire you to choose philosophy?
Oh yeah. I think Ang and Pi got to me. Lying on that board and talking to Ang, you kind of start thinking on those lines, you start thinking about things, because Pi himself is this kid who asks questions like, 'What is life?' He is into philosophy of his own kind and Ang himself has a really complex philosophy, which comes through when you talk to him. ... Eventually I want to be a filmmaker, so I guess philosophy will help me in that way.

Some actors in your position might say, "Forget school and do acting full-time."
I don't know about the acting. I don't know whether I want to act professionally much. It's daunting. It's scary and it's different. I want to be a filmmaker. I want to tell stories. … I love acting now and the life (of an actor) is hard and it's different. I don't know if I'm equipped for it, but I'd like being on set. I think that's the most inspiring part of movies — just being on set. The intensity with which everybody works, 300 people just working, working, working for something maybe even three seconds long. (There are) different skills, different ideas, different backgrounds, everything just comes together and you make something and you make someone's imagination come to life.

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Young Toronto actor gets animated in latest film

Rise of the Guardians. At only 13, Dakota Goyo already boasts an impressive filmography — but this young star wants to do even more

STEVE GOW
scene@metronews.ca

Rise of the Guardians opens on Wednesday. HANDOUT

It's hard to believe that Dakota Goyo is only 13 years old. After all, not only is the Toronto actor a rising star; he's long figured out something that's far from most other teenager's minds — his career.

"When I was about three I decided this is what I want to do and I want to continue doing it for the rest of my life," said Goyo. "Except directing would be nice."

The kid is off to a great start. With such Hollywood blockbusters as Thor and Real Steal (with Hugh Jackman) under his belt, Goyo has now lent his voice talent to Rise of the Guardians (in theatres Nov. 21), an animated thriller featuring a superhero squad of legendary icons including Santa Claus, the Easter Bunny and the Tooth Fairy.

"Its overwhelming to (hear yourself in an animated film)," said Goyo — who plays the last child to believe in the Guardians. "It's my first real voice-work movie at least and it's very overwhelming to (hear) myself and see the emotion that you see in the character. .. it's not you but your voice is coming out of it."

Guardians also marks Goyo's second film with Jackman (who voices a rambunctious Easter Bunny that might be more into Vegemite than carrots).

"He's so perfect because he adds an Australian accent which makes it so ordinary," laughed Goyo. "You don't see an Easter Bunny with an Australian accent and that's why he's called 'kangaroo' (in one key scene). He's one of the funniest (characters) in the movie."

While Goyo is now excited to get back to a busy career in front of the camera, he confesses working in a recording studio on Guardians did have its benefits.

"You can just walk in, do your voice and walk out," said Goyo.

"I don't like to sit in one spot for a long time."

Goyo's heroes

In his young career, Goyo has starred alongside such thespians as Hugh Jackman, Samuel L. Jackson and Susan Sarandon but whom does he aspire to work with?

- **Will Smith.** "He brings so much emotion to the screen," said Goyo. "You feel the same emotion that he feels. I think he's a great actor."

Dakota Goyo has known for most of his short life he's wanted to be an actor. TORSTAR ARCHIVES

MEC SNOWFEST
Saturday, November 24
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MEC Winnipeg, 303 Portage Avenue
Join us for a celebration of winter fun. This free, family-friendly event has something for everyone:
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- Clinics: learn about winter running, camping, and cycling. Join a botanist to learn about Manitoba trees.
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Grant Bowler mum on working with Lindsay Lohan on Liz Taylor movie

Liz & Dick. Actor who portrays Richard Burton in Lifetime movie only 'speaks for himself'

DOROTHY ROBINSON
Metro World News in New York

Look, you can't interview Grant Bowler, the star of the much-publicized Lifetime Original Movie Liz & Dick, without asking him about his infamous co-star, Lindsay Lohan.

Well, you can ask — but he won't really answer. "I speak for myself," he says when asked what it was like to work with Lohan. "Oh, you know. [Heavy sigh] I don't know. It's, well, you know."

No, we don't. Care to elaborate? What about all the attention the film is receiving due to it featuring Lohan's first starring role in five years?

"Yeah, I think at the moment, with the film coming out ... rah, rah, rah," he says, trailing off to dead silence.

Rah, rah, rah, indeed. Luckily, Bowler — who tackles the daunting challenge of portraying famed actor Richard Burton and his tumultuous, iconic love affair with screen siren Elizabeth Taylor — was much more eloquent in talking about his role.

"There are so many downsides to playing a famous actor," he says. "If you're an actor and you play a famous tennis player, you're not going to be compared to them — no one assumes you can play tennis. To play an actor is a treacherous thing to take on. I was concerned about that, and very determined about not doing a poor job representing him. He was a personal icon of mine."

Bowler says he was able to take on Burton "bit by bit. ... I bit him off in chunks," he says.

"We covered so much time — 30 years — so I kind of started with the major turning points in their relationship. I looked at archival footage of him being interviewed and watched a lot of movies. But nothing was as informative than him being interviewed and watching them being interviewed together."

OK, but back to Lohan — really this time. "When you tell any story, you want as many people to listen as possible," he tastefully acquiesces about the amount of publicity given to Liz & Dick — even though it might not be the best kind of attention. "It's very, very hard telling a story to an empty room."

Tune in

Liz & Dick premieres Sunday on Lifetime Canada.

Liz & Dick has been getting plenty of press because of its infamous leading lady, Lindsay Lohan. HANDOUT

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rihanna reveals nothing, journo streaker reveals all

Rihanna's 777 tour — in which she's travelling to seven cities in seven days, with a plane full of fans and journalists — reached London Monday morning, the second to last stop. But there was no sign of the superstar on the plane from Berlin. "Just one quote," chanted desperate reporters, begging Rihanna to appear.

Then things got a little Lord of the Flies. Australian Tim Dormer, a radio presenter at Nova in Sydney, decided if he wasn't going to get a story, he'd become one: After 3 a.m., he suddenly burst from the toilet — completely naked. With his long curls bouncing, he made a quick tour of economy class wearing nothing but his birthday suit. The audience cheered.

Since Rihanna wasn't around to talk to anyone, we asked the streaker:

What were you thinking?
I was bored. It was three in the morning and we were on a plane and we've been on a plane for the past five days. I thought it would be fun. And it wasn't an easy task either; I had to dive over people.

Did you plan the whole thing?
No, I was just in the bathroom and thought it would be a fun thing.

How many will see this on YouTube, do you think?
Five maybe? My mom, my dad, my gran, my boss and hopefully Rihanna.

Did you run all the way up to her?
No, I didn't get that far.

How do you find the trip so far?
I'm having the time of my life. I saw her the first day and I see her on stage every night.

TO SEE A VIDEO OF THE STREAKER, VISIT METRONEWS.CA/SCENE

Second Snow White, sans Sanders

Kristen Stewart

ALL PHOTOS GETTY IMAGES

Kristen Stewart has reportedly signed on to star in the sequel to Snow White and the Huntsman — though the second film in the franchise won't be directed by Rupert Sanders, with whom Stewart infamously had an affair this summer, according to Radar Online. "The script has already been written and production will begin late next year," a source close to the production says. "However, Rupert Sanders definitely won't be a part of the project. Rupert didn't want to be a part of it to begin with because he is desperately still trying to save his marriage. The search is on for a new director."

Kate Middleton and Prince William

Is a royal bundle of joy on the way?

A close friend of Prince William and Kate Middleton insists the royal couple is set to announce something big next month, prompting speculation that a baby is on the way. "They're planning to make an announcement in December," Jessica Hay, a former schoolmate of Middleton's and a guest at their wedding, tells New Idea magazine, adding that the Duchess of Cambridge has gained a bit of weight recently and that "William and Kate are focused on starting a family." How focused, exactly? They've apparently already discussed the number of children they want to have — two — and that they'd prefer a son and then a daughter. "It seems very traditional but of course they'll be happy with two boys or two girls. They don't want more," Hay says. "They've discussed it endlessly and don't want to be older parents."

Katie Holmes

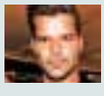
One Katie in the kitchen spoils the broth

As an actress and a newly single mom, Katie Holmes has a number of talents, but apparently cooking isn't one of them. "Me in the kitchen is a comedy, but it's heartbreaking for me going through it," she tells Vogue. "But for others, they probably think it's really funny, because all the pans are out and I get frustrated, and suddenly it's burning." We'll assume someone else is handling the holiday meals for Holmes this year.

Bieber addresses 'haters' with mom at side

Justin Bieber may be newly single, but that didn't mean he had to attend the American Music Awards solo. Instead, the 18-year-old Canadian pop star showed up with his mom, 38-year-old Pattie Mallette. While he made no mention of his split from Selena Gomez, Bieber did address his critics after winning his first award of the night, for favourite pop/rock male artist. "I want to say this is for all the haters who thought I was just here for one of two years," Bieber said from the stage. "I feel like I'm going to be here for a very long time."

Twitter



@ricky_martin
You want real advice, straight with no chasers and not sugar coated? Call a #Capricorn.

@chriscolfer
For the record, we're filming at a fancy engineering college and I hacked into the lecture hall computer to play honey badger on the screen.

@NiallOfficial
Good morning everyone! Was an early start today ! Tired

@samantharonson
"Work is the curse of the drinking class."
Oscar Wilde

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Jamie Oliver's 15-minute meals

Healthy eating. Forget the microwave and take-out, the celebrity chef talks about how to make a fantastic meal in record time

ROMINA MCGUINNESS
wellness@metronews.ca

Celebrity chef Jamie Oliver has released a new book to help you in the kitchen. HANDOUT

You keep reducing the time of your recipe books. Why?
People are so time poor. But I promise I won't be doing time again.

But why 15 minutes? Why not 10?
If you want a proper meal fast, 15 minutes is the minimum you can do. It's the hardest book I've ever written because I wanted it to be an everyday cookbook that was healthy, nutritious and fast.

Some of the recipes are a bit fancy. I can't picture students cooking griddled tuna. Who is the book aimed at?
Everyone. From a culinary point of view, the world is a much smaller place. People are much more travelled and more read than they were 15 years ago and the stuff available in supermarkets is more robust. And they still want it fast.

Microwave meals are a pretty quick solution too...
Microwave food has became synonymous with shit food. But there's also a lot of high quality stuff. It's just never going to be amazing.

I tried one of your recipes the other night. The ricotta fritters. I'm a disaster in the kitchen. It ended up looking like a cheese omelette. But it tasted good.
You ended up with an omelette when you were supposed to do fritters. What the hell did you do?

I tried to flip them over... and made a mess.
The fritters take about one minute to make and six minutes to cook. I don't know what went wrong … do what the recipes says and it will work. I wish I could have seen it. I'd put money on the fact you used the wrong sized pan and put them too close together.

What are the biggest mistakes people make in the kitchen?
You don't need 100 knives, just three of the right ones — a chopper, paring and a bread knife. The book isn't trying to be your best friend. It's like, "You want tasty fast food? Here's the f–king rules. Do what you're told."

After a long and exhausting day at work, do you sometimes think, "F--k this, I'm going to McDonald's."
I don't normally get caught out. Although I'm famous for hating junk food, I'm not anti any kind of food. I've got nothing against a hot dog, a burger or a pizza. It's more about real food. I do the most amazing free-range pig hot dogs with slaw, home made ketchup and buns that's bloody delicious. But if ever you're in London and want a kebab, there's a place called Kebab Kid on New Kings Road that's delicious.

Busted!

"You ended up with an omelette when you were supposed to do fritters? What the hell did you do?"

Jamie Oliver, author of 15 Minute Meals

Would you ever eat at McDonald's?
I haven't eaten a McDonald's in 10 years.

Yours in just 15 minutes. HANDOUT

What did you eat?
A Big Mac.

If I offered you a Big Mac right now, would you eat it?
I would. McDonald's are probably the best big fast food operator in Britain. They've done a lot of good work on their beef, their 100 per cent organic milk and free-range eggs. You can't just beat people up all the time and not pat them on the back for the good stuff they've done.

You have one minute to make a meal; what do you do?
Grab a bit of bread and some lovely ham or cheese.

Five minutes?
Some fettuccine. Use boiling water and it cooks in three minutes. Then add a few simple ingredients to that.

But your next book won't be about time.
Time is a small element of many different emotions to cooking. You can do five minutes work and something can cook for four hours.

So what's next?
100 per cent vegetarian — making massive heroes out of the things that we don't eat enough of. The craft of making vegetables utterly delicious is one that's just not known about enough. At least 65 per cent of my recipes are meat-free, the index is covered in V's, but the feedback I get from vegetarians is, "Yeah, cool, but we'd like our own book please." I've ignored it for years.

Heaven vs. hell

Hey Jamie — what's cooking?

We ask the chef about his favourite meals: Jamie's food heaven vs. food hell.
Heaven: "A lovely home cooked family roast dinner with all the trimmings made by my mum."
Hell: "A precocious, pretentious Michelin star meal with stuff balanced everywhere, hanging everywhere, drizzled everywhere and that doesn't taste very good. Just the fact that someone has had to touch your food to get it in that position is just … I'm much more about lovely rustic food."

New ingredients

Rose petal harissa. Delicious in dressings, marinades and rubs

Za'atar. A mixture of incredible Persian spices

Preserved lemons. They completely transform stews, couscous and rice dishes

Kitchen essentials

Jamie's top picks

1. Olive oil
2. Lemon
3. Chili

Use your imagination to personalize Pita Chips

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Store-bought pita chips are deep fried, which increases their calories and fat content.

The spices in this recipe add flavour instead of oil. Feel free to substitute spices of your choice. Try a variety of different coloured and flavoured tortillas. The whole wheat version has more fibre and nutrients.

1. Preheat the oven to 350 F.

Ingredients

Perp time: 5 minutes
Bake time: 12 minutes

- 3 large flour tortillas
- 3 tbsp finely grated Parmesan cheese
- pinch of salt and pepper
- pinch of paprika
- pinch of garlic powder
- pinch of onion powder

Nutritional analysis

Per serving (about 6 chips)

- **191 calories; 6.5 g protein; 28 g carbohydrates; 2.5 g fibre; 5.6 g total fat; 1.9 g saturated fat; 4 mg cholesterol; 419 mg sodium**

Line a large baking sheet (or 2 medium baking sheets) with foil.

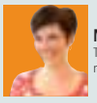
2. Slice each tortilla into 8 wedges. Arrange the wedges on the baking sheet, not overlapping. Lightly coat with cooking spray.

3. Combine the Parmesan, salt, pepper, paprika and garlic and onion powders in a small bowl. Sprinkle the seasoning evenly over the tortillas and bake for 12 minutes, or just until lightly browned.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Immunity food



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Did someone just sneeze on you? Quick! Wash your hands and grab one of these immune foods. Nothing boosts your immune system like a healthy diet that avoids excess sugar, alcohol, bad fats and depleted white wheat, so start there first. Beyond that, there are nutrients that your body uses as tools to be sure it can fight off whatever comes flying at you this cold and flu season.

1. Probiotics

There is growing evidence that probiotics contribute to immunity in a variety of ways. Try new IOGO brand Probio Yogurt for a lactose-free version that is very tasty

2. Catechins

Green tea boasts one of the best anti-bacterial properties under study. Shoot for a couple cups daily.

3. Vitamin D

Canadians won't get strong enough sunshine from now to about April. There's a good dose in caviar; try the Greek dip called taramasalata that uses fish roe to make a yummy dip for your (whole grain) pita.

4. Vitamin E

A potent antioxidant that is best taken from food. Sunflower and pumpkin seeds are good sources.

5. Vitamin C

Still your best go to source for overall immunity. Get as much as you can from fresh fruits, kiwi is particularly high.

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

All the tastiness of candy apples in a smaller package

1. Heat the oven to 250 F. Line 2 baking sheets with parchment paper.

2. Using a mandoline, food processor or very sharp knife, cut the apple into very thin slices, about 1/8 inch thick. There are several ways to do this. If you have an apple corer, you can simply cut out the core, then lay the apple on its side and slice starting at one side and working your way to the other. If you don't have a corer, stand the apple upright, then begin on one side and cut slices until you reach the core. Rotate the apple and repeat until all 4 sides have been sliced.

3. Arrange the apple slices on the prepared baking sheet, being careful not to overlap. Sprinkle the apples with cinnamon, then bake for 45 minutes, or until dried and slightly crisp. Slide the parchment and apples off the baking sheet and onto a cooling rack. Let cool completely.

This recipe serves eight. MATTHEW MEAD/ THE ASSOCAITED PRESS

Ingredients

- 1 large apple
- 1 tsp cinnamon
- Half of a 14-oz package caramel candies, unwrapped
- 1 tbsp water
- 1/2 cup white chocolate bits
- 1 tsp shortening
- 1/2 cup dark chocolate candy melts

4. Once the apples have cooled, in a medium saucepan over medium heat, combine the caramels and water. Heat, stirring constantly, until melted and smooth. Dunk a fork into the caramel, then use it to drizzle the caramel over the apple chips. Set aside to let the caramel set.

5. When caramel has set, place white chocolate bits and shortening in microwave-safe bowl. Microwave on high in 15-second bursts, stirring between, until melted and smooth. Using a clean fork, repeat the drizzling similar to the caramel. Set aside to let the white chocolate set.

6. Once the white chocolate has set, melt the dark chocolate candy melts in a clean bowl using the same method as the white chocolate. Once melted, dunk a clean fork in the melted chocolate and drizzle over the apple chips. Let cool until the chocolate is set. Store in an airtight container for up to a week.

THE ASSOCIATED PRESS

Bavarian Cheese Spread. Serve with fresh veggies, pretzel sticks or crackers

1. In food processor fitted with blade attachment, combine cream cheese, semi-soft cheese, cheddar cheese, shallots, paprika, caraway seeds and pepper; blend and pulse for 2 to 3 minutes or until completely smooth, scraping down bowl occasionally.

2. Refrigerate for at least 1 hour (and up to 2 days) for flavours to blend. THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- Half 250 g container light deli-style cream cheese (15 per cent M.F.), room temperature
- 125 g (4 oz) semi-soft or creamy cheese such as Oka-style "washed-rind" or brie-type style, rinds removed (about 250 ml/1 cup), room temperature
- 125 g (4 oz) old white cheddar, grated (about 250 ml/1 cup), room temperature
- 2 shallots or 1 small onion, finely diced
- 5 ml (1 tsp) hot or sweet smoked paprika
- 5 ml (1 tsp) caraway seeds
- Pepper, to taste

Rest in peace

Farewell to the admirable Mrs. Letitia Baldrige

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Today I would like to pay homage to the late Letitia Baldrige, a dear lady who I've admired for many years. I've read most of her books and have even had the honour of interviewing her.

Mrs. Baldrige, known as the doyenne of American etiquette, passed away on Oct. 29. She was most known for her time working in the White House during the Kennedy administration as Jacqueline Kennedy's social secretary.

One of my favourite quotes from Mrs. Baldrige, known as Tish to her family and friends, involves her philosophy on life.

"There are major CEO's who do not know how to hold a knife and fork properly, but I don't worry about that as much as the lack of kindness," she said. "There are two generations of people who have not learned how important it is to take time to say, 'I'm sorry' and, 'Please' and, 'Thank you' and how people must relate to one another."

I'm very sad that we have lost this wonderful person, who believed in so many good things — the most important of them being that she believed in people.

You see, for those of you who follow both my column and philosophy of etiquette, I believe it's all about how we interact with each other that matters. The best thing about etiquette is that it puts us all at ease to know what is expected of others so that we always put our best foot forward.

God bless you, Tish. You are missed already and I will put myself in front of a roaring fire tonight and enjoy one of your books with a glass of wine in your memory.

Mrs. Baldrige sits to the right of then U.S. first lady Laura Bush. GETTY IMAGE

Bust myths about the disabled and sex

Still human. The public's preconceived ideas need to change about the sex lives of people with disabilities

People with disabilities face any number of challenges, but perhaps the most insidious is society's unspoken belief that they are somehow asexual beings — neither wanting nor able to express that most universal of human needs.

It is a notion decidedly debunked by the film The Sessions, based on the true story of a man paralyzed by childhood polio and mostly confined to an iron lung, who at age 38 longs to experience sexual intimacy for the first time in his life.

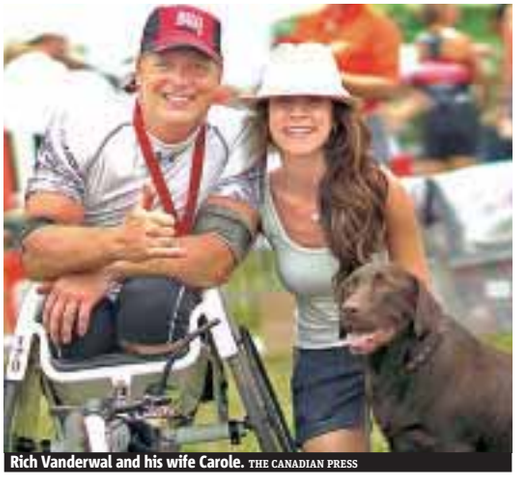
The poignant story of writer-poet Mark O'Brien, played by John Hawkes, and his carnal awakening under the tutelage of a sex surrogate portrayed by Helen Hunt, should go a long way to dispelling the myths surrounding physical intimacy and people with disabilities, advocates say.

"The big one is this idea that people with disabilities are not sexual — not only that they literally cannot have sex, but also that they're not sexually desirable and that they don't desire sex," says Cory Silverberg, a Canadian sexuality educator working in New York City.

Silverberg says the tendency is to view sex as two people sweeping each other off their feet, "and certainly not between two people where one person might actually have to lift somebody onto the bed, because that's not seen as sexy."

Unfortunately, he says, such stereotypical thinking gets absorbed by those whose physical abilities may be limited, sometimes severely, by any of a range of conditions, among them spinal cord injury, cerebral palsy, muscular dystrophy and multiple sclerosis.

Surrounded by images of leggy models and A-list celebrities that shape society's definition of sexual attractiveness, it's no wonder people with disabilities struggle with body image and are sometimes reticent about physical intimacy, says Sandra Mills, a patient and family educator at Toronto Rehab's Lyndhurst Centre for spinal cord injury.



Rich Vanderwal and his wife Carole. THE CANADIAN PRESS

"When stereotypes and prejudices exist already and then you try to connect that with a disability, it makes it challenging for a person who acquires a disability to re-engage in a physical world, in a world of dating and socializing," she says.

Rich Vanderwal, 41, says his self-image took a severe blow after a motorcycle crash 20 years ago left him paralyzed below his armpits. He has mobility in his arms and hands, but is reliant on a wheelchair to get around.

A ski and snowboard instructor during winter and a lifeguard in summer before his accident, Vanderwal admits much of his identity had been built around his athletic ability and once-buff physique.

"I was known as the guy who took my shirt off and I had abs. I was proud of them because to me that was a sign of fitness and, of course, sexuality and all those things."

Despite his life-changing injury, Vanderwal has continued to embrace sports, playing high-level wheelchair tennis, downhill ski racing and rowing. Last year, he competed in an Ironman half-triathlon using special equipment.

He also put himself out there in the dating world.

Then he met Carole Chebaro, at the time a volunteer at Lyndhurst, where Vanderwal works part-time. They started off as friends, then began dating. Six years ago, Vanderwal and Chebaro married. Early on in their relationship, Vanderwal says he worried about whether he was meeting all of Chebaro's needs. "But it's very clear that I could meet some of the important ones." The couple hopes to soon start a family.

Vanderwal says he has tried medications like Viagra and can have intercourse "to a certain quality," but for the most part, orgasm is not through intercourse and is "modified and different now.

"There's no actual physical sensation, but all the chemical changes within the body still go on. I still get the flushing of the face, there's that euphoric feeling and certain relaxations."

One welcome reaction is a quieting down of persistent muscle spasms, a common repercussion of spinal cord damage. "A lot of my spasticity, which is there 24-7 — literally my spasticity is firing off every 15 seconds all day and all night — after orgasm that's gone for a good hour. I'm completely relaxed," he says.

Vanderwal says while the body may change with a spinal injury or as the result of a disabling disease, one's likes, dislikes, interests and desires remain intact. "It doesn't matter what body you're in. Your mind and your thoughts, it's a natural process to have attraction and want to share that sexual energy with somebody else. THE CANADIAN PRESS

Quoted

"The big one is the idea that the disabled are not sexual."

Cory Silverberg, a sexuality educator
On how people are misinformed on the attitude of disabled people toward sex

How to avoid an office dating disaster

Delicate matter. Try to foresee the fallout and do the relevant research prior to announcing any new work relationship

JULIA WEST
Metro World News in Philadelphia

Though the latest news scandal involves high-ranking officials, keep in mind that the broad strokes of the Gen. Petraeus affair are not unlike typical office flings. Even if your transgressions won't make headlines, romance at work can be a dicey move if not properly handled. Learn to manage this delicate situation — because even if you can't resist taking your chances with the cutie in accounting, you can minimize the fallout. Before announcing your new beau, research your company's policy on the matter. "Don't date anyone at work if your employment contract forbids it. Your job will clearly be on the line with such a violation," says author Wendy Walsh, a contributor to Dating-advice.com.

If you do move forward, think about what the end of the relationship might be like. Nancy A. Shenker, co-author of Don't Hook Up With the Dude in the Next Cube, says, "Think about what will happen after a breakup. It's hard enough seeing an ex on Facebook — how will it feel to see him or her in person every day?"

If you're an employer who notices an office affair, know how to approach it. "Have a policy," suggests Todd Ewan, a partner at Fisher & Phillips law firm, which represents management in workplace disputes. "The employer will need to determine what it is willing to tolerate and not willing to tolerate. As a base point, most employers do not want to let a relationship exist between two employees if one of the employees has direct managerial responsibility for the other."

Quoted

"Don't date anyone at work if your employment contract forbids it."

Author Wendy Walsh.

Make sure he or she is worth it and try to have some foresight before you launch into that office romance. ISTOCK

Employers probably still want you to be clean and reasonably well-groomed. ISTOCK IMAGES

Branding yourself: What do employers really want?

Alison on Money.
What are companies looking for when they're searching out the best and brightest young workers?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week, I read a fascinating article about big corporations such as Telus and SNC Lavalin moving all or part of their head offices to downtown Toronto in order to attract the best and the brightest to their company.

However, it is considerably more expensive than locating in the suburbs.

So what is the reason for this trend? The answer is all about demographic culture.

Youth today is different than it was a generation or two ago, just as employment is different.

Many of our parents worked at the same job their entire lives. This isn't likely to be very common in the future.

Increasingly, under-40 employees don't want to spend their lives commuting and they desire a vibrant, downtown lifestyle. They're also the first generation since Henry Ford that isn't wedded to the automobile.

These changes got me thinking about what companies are looking for when they're searching out the best and brightest, because it has a big impact on how younger workers should present and educate themselves over the course of their careers.

Here's a peek at the corporate wish list.

1. Traditional virtues still hold
Your style may be to look like a tattooed, studded wolverine, but employers still want you to be a clean and reasonably well-groomed tattooed, studded wolverine.

Also promptness, politeness, the ability to converse and demonstrate a modicum of organizational skills are still important qualities.

2. Technology
You don't need to be a computer expert unless you intend to run the IT department, but you do need to be competent enough to make connections between the newest technology and your company.

3. Networking
Companies increasingly value the networks that employees bring with them.

Networks add tangible value by giving the company access to resources, people and ideas.

4. Language
By 2031 Statistics Canada projects that over a quarter of Canadians will be foreign born with visible minorities comprising 63 per cent in Toronto, 59 in Vancouver and 31 per cent in Montreal.

Knowledge of other languages and cultures is highly desirable.

Knowing what companies want and educating yourself accordingly raises the odds of being considered among the best and the brightest in the coming downtown corporate culture.

In numbers

47%

The number of second generation Canadians who will belong to a visible minority by 2031.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Save thousands on your 2012 taxes

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Early in November, H&R Block released the results of a survey that revealed that less than one-third of Canadians plan to take actions toward reducing their 2012 taxes by year-end.

You can save thousands of dollars on your 2012 taxes by planning ahead. Boost your tax savings with these tips.

Contribute to your RRSP by March 1, 2013 and receive a powerful tax credit.
You can contribute up to 18 per cent of your income, to a maximum of $22,970. Besides the tax credit, when your funds are invested wisely, you can benefit from appreciation, dividends, interest and distributions.

Give
Make a charitable donation before Dec. 31.

A donation over $200 in 2012 is worth a 29 per cent federal credit instead of a 15 per cent credit for donations under $200.

You can also donate publicly-listed securities to registered charities or private foundations without being subject to capital gain taxes and still receive a tax receipt for your donation. Pay medical expenses by Dec. 31 to maximize your 2012 medical expense claim.

There are lots of ways to reduce your taxes by the end of this year. ISTOCK IMAGES

Review your stock portfolio
Review your portfolio before year-end to determine if you can find a tax advantage in taking a loss or cashing in a gain.

Dec. 23 is the deadline for making a trade if you want it recorded on your 2012 tax return.

Plan a wise move
If you're going to move to a new province, check the provincial tax rates before deciding the moving day.

You are subject to provincial tax in the province where you reside on Dec. 31. So if there is a substantial difference in the tax rates, you may want to either speed up or defer the move.

Make Registered Education Savings Plan (RESP) contributions before Dec. 31
Parents can take advantage of the Canada Education Savings Grant by contributing to a child's RESP. The lifetime RESP contribution limit is $50,000, with no annual contribution limit. The maximum annual RESP contribution that qualifies for the CESG is $2,500, providing a grant of $500 annually.

Taxable income
If you've received a lump sum pay from an employer, cashed in an RRSP, sold an investment property, or collected employment insurance, there are tax implications. Prepare a calculation of your taxable income. There may be strategies to reduce your tax bill by Dec. 31.

Get organized
Grab a file folder to keep your receipts for all tax-related expenses.

Always consult a tax professional when reviewing your taxes to ensure you're benefiting from all tax saving opportunities.

Follow Lesley on Twitter @LesleyScorgie

FINALS FOCUS

FORMULATE A PLAN WHEN PREPARING FOR YOUR EXAMS

WAVEBREAK MEDIA/THINKSTOCK

Final exams can sneak up on post-secondary students, so experts suggest taking the red leaves of fall as a red flag that it's time to hit the books.

Naomi Deren, manager of the Student Success Centre at the University of Regina, says if you are short on time cutting classes is a bad way to grab a few more hours. You are more likely to fall further behind in your effort to get ahead.

"Keep on top of your reading and class notes," she advises.

Visit your student centre for help improving your skills at studying, managing your time and writing exams. Deren urges students to create a study plan. That involves looking at your exam schedule, figuring out what work needs to be done and setting out a concrete calendar of when you will do each bit of work.

Deren says it's also a good time to look back to mid-terms. If you struggled with something then, now is the time to fix it. "Exams will be here before you know it."

Most colleges and universities open winter registration at this time of year and the sooner you register, the better your chances of getting your dream schedule.

Deren says you can use the winter break to set academic goals such as when you want to graduate, what marks you want to get, and what you want to do post-graduation.

"Then it's easier to do planning and manage time," she explains.

Ben Harrison, a fourth-year journalism student at the University of King's College in Halifax, says the main problem he has encountered in the run-up to finals is content overload.

"From September to December, there is so much that you learn that it's really difficult to retain all of the material," he says.

– Jon Tattrie

ACADEMY OF LEARNING: LINK TO A NEW CAREER

COLLEGE UNVEILS NEW WEBSITE

ACADEMY OF LEARNING PHOTO

The Academy of Learning College's new website is live at academyoflearning.com. User-friendly, cutting edge, and with a focus on events across the country, it reflects the college well.

The new site has more links, allowing you to navigate easily between different provincial sites. This is a must for the school, which boasts 60 campuses in 45 communities. Campuses can now post their own news and photos on the main site so you can focus on items relevant to your community.

Among Canada's largest career colleges, the Academy of Learning College offers vocational programs and courses in accounting, business, health care, information technology, and web and graphic design. With flexible class schedules and a variety of funding options, there is bound to be a program or course that is right for you.

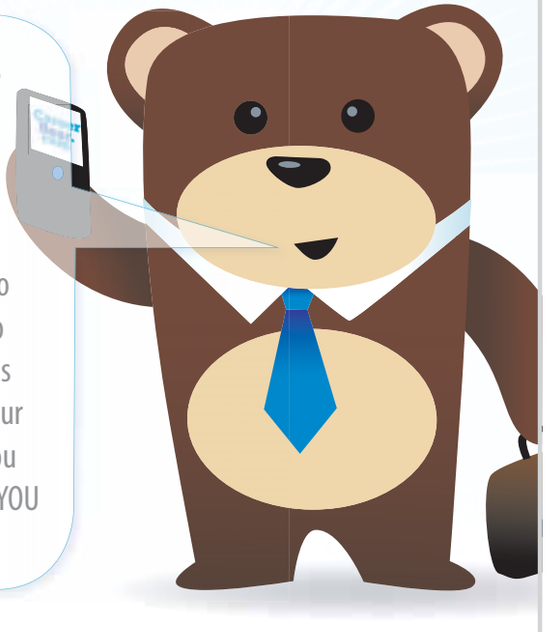
"We hope that people who have perhaps been afraid, or not had the confidence, will now consider going back to college to earn a diploma, to become better trained, to embrace re-education," says Heidi Collins, director, marketing and sales. "We hope that our graduates will explore our redesigned website to learn all about the new us."

This relaunch is happening during a big year for the Academy of Learning College — its 25th anniversary. While the college has been celebrating with open houses and other events throughout 2012, it is the continuation of quality programs and courses — delivered by an institution that remains wholly Canadian-owned — that sums up its legacy best.

You can learn more about the Academy of Learning College through Career Bear, a Canadian website designed to assist people looking for a career but are unsure where to start. Click to careerbear.com/college/academy-of-learning-manitoba for more.

Career Bear

I've got details on flexible careers, jobs with the fastest salary growth, keys to loving your job and the schools and tools in your area to help you become what YOU want to be.



Don't just dream about your new career. . .
Get there with CareerBear.com

GET IN THE MIX WITH RED RIVER

Red River College's Paterson Global Foods Institute (PGI) opens this January. For students, it's a milestone: Offering them residential space, on campus, for the first time. But even if you aren't a student at Red River, the arrival of PGI should still be big news.

"PGI provides us with state-of-the-art facilities for our students," says Colin Fast, communications manager, Red River College. "And its downtown location enhances our connections with the culinary and hospitality industry. The new facility also builds on the success of our Exchange District Campus, and will bring more people and more activity to the neighbourhood."

That activity will include a range of culinary seminars held at PGI. Offered through the School of Continuing Education's hospitality and tourism management program, these quick seminars are designed to help even seasoned culinary enthusiasts learn something new. Among them: The wine and spirit appreciation and education series, offered in partnership with the Banville and Jones Wine Company and the Manitoba Liquor Control Commission (MLCC).

Seminars in this series include: Wine and cheese, Canadian style; wine and chocolate; and sophisticated flavours of brandy — each two hours long, and scheduled for the first half of 2013. Other planned seminars include lean and clean cocktails, and so many ways tequila. Visit rrc.ca/cua regularly for updated schedules and new course announcements.

While these seminars can't help you earn credits toward a diploma program, they will help you earn accolades at any party you host.

Check out a Red River College seminar today and get in the mix.

RED RIVER COLLEGE PHOTO

THE UNIVERSITY OF WINNIPEG
Professional, Applied & Continuing Education

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- All resource materials included

pace.uwinnipeg.ca info: (204) 982-1811

REALIZE YOUR POTENTIAL IN 2013

We live in a high-tech world — this winter, Red River College's School of Continuing Education can help you master it. Will 2013 be the year you reach your potential?

The 40-hour virtualization and cloud computing course will teach you how to reduce your information technology (IT) costs while increasing the efficiency, utilization, and flexibility of your existing assets. This course is taught online.

Programming for mobile devices is a 40-hour, in-class course. It will introduce you to the basics of developing programs for iPad and iPhone applications.

Red River College will be offering more information about these two courses in the coming months. To learn more, visit rrc.ca/coned.

ISTOCKPHOTO/THINKSTOCK

Photography: Cameras covers the basics of ISO, aperture, shutter speed, and more — giving you the skills you need to create high-quality digital photographs. Offered online, this 40-hour course lets you learn from the comfort (and warmth) of your own home.

Gain Perspective

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CMU | REDEKOP SCHOOL OF BUSINESS

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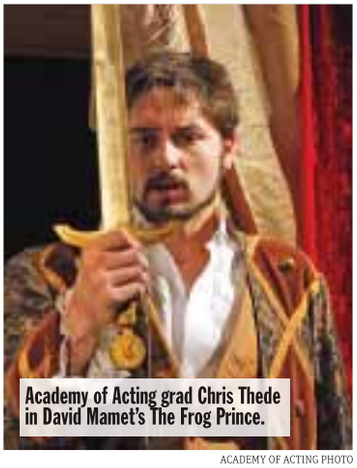
Academy of Acting grad Chris Thede in David Mamet's The Frog Prince.

ACADEMY OF ACTING PHOTO

ALL THE WORLD'S A STAGE AT ACADEMY

Being a professional actor isn't just a calling, it's a career. And you could get your own career started very soon.

This coming February, the Academy of Acting, a division of the Academy of Broadcasting Corporation (ABC), will be auditioning talented people to join its 2013 acting program.

The Academy of Acting provides students with practical training for film, television, theatre, and musical theatre. Instructors are proven industry professionals, bringing a mix of theoretical and practical knowledge to every class. They also provide as much individual guidance as possible to students who need it. This is intensive, hands-on training, designed for students with a passion for the dramatic arts and a willingness to learn.

The acting program also emphasizes the business of acting — that is, the practical considerations of managing one's career as a self-employed, working actor. Subjects covered in the program's business of acting course include contract negotiations, budgeting, networking, the rights and responsibilities of union membership, and more. Graduates often cite this course as one of the most valuable they have ever taken.

Auditions for the Academy of Acting's September 2013 class will take place Feb. 19 and 23, 2013. No professional experience or prior training is required. However, you will be expected to deliver a prepared monologue and 16 bars of a musical piece, both selected by you. You will also perform a cold read, chosen by the audition panel.

To set up your audition, contact Libby Lea, registrar, at 204-897-2346. For more, visit academyofbroadcasting.com.

CSOP ANNOUNCES 2013 SUMMER COURSES

The Canadian School of Peacebuilding (CSOP) is an annual program offered by the Canadian Mennonite University (CMU). This coming year, CSOP welcomes seven renowned instructors, each of whom will teach a weeklong, intensive course on issues related to peace, justice, and conflict resolution.

CSOP's first session, scheduled for June 17-21, features three courses — healing the wounds: Peacebuilding through transformative theatre, led by Armand Volkas; human rights and indigenous legal traditions, by Val Napoleon; and collaborative and culturally responsive partnerships, by Wendy Kroeker.

The second session, scheduled for June 24-28, also features three courses — train the trainer: Working for conflict transformation, led by Karen Ridd; reconciliation and forgiveness: Exploring biblical and contemporary understandings, by Ched Myers and Elaine Enns; and finding your voice: Understanding non-violent action for today's complex world, by Mubarak Awad.

The two-week long summer school program is now in its fifth year.

"I continue to be amazed by the quality of our students — they arrive ready to listen, and to learn from one another," says CSOP co-director Val Smith. "We draw students from around the world, coming from diverse backgrounds. It is amazing to see the depth of their conversations when they arrive here, together, ready to engage."

Canadian Mennonite University offers comprehensive undergraduate programs in peace and conflict studies.

For more, visit cmu.ca.

CANADIAN MENNONITE UNIVERSITY PHOTO

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GIVE THE GIFT OF MASSAGE

STUDENT CLINIC AT WELLINGTON COLLEGE OFFERS AFFORDABLE PRICES

This season, you can give — or receive — the gift of an affordably priced massage.

Wellington College's student clinic offers therapeutic massage, relaxation massage, hot stone massage, and aromatherapy at a cost far lower than you will pay at a spa. If your insurance company doesn't recognize massage therapy as part of your plan, this is an economical way to receive one. And it makes a great Christmas present, too.

The student clinic is staffed by Wellington's massage therapy students, many of whom are nearing graduation. These students have the skills and knowledge needed to make the therapeutic experience a positive one. However, if they do need guidance, an experienced college observer — an alumnus of the college, currently working in the massage therapy field — may step in to provide it.

CLINIC HOURS

Wellington College's student clinic operates Monday, 3-6:30 p.m.; Tuesdays and Wednesdays, 5-8:30 p.m.; and Thursdays, 1-4:30 p.m. The clinic is closed Friday through Sunday.

Please note: These hours apply only for the current term, which ends Jan. 18, 2013. The clinic will be closed between January 19-29, reopening for Term 2 on Jan. 30.

WELLINGTON COLLEGE PHOTO

Gift certificates for student clinic massages are purchased from Wellington College. The gift can be for whatever amount of money you wish, meaning you or your special someone could enjoy multiple treatments from a single purchase.

Gift certificates can also be used to buy items at Wellington College's massage therapy supply store, Equip Massage. Open to the public as well as students, Equip Massage sells a range of therapeutic and relaxation products suitable for home use, including towels, lotions, and aromatherapy oils.

For professional massage therapists and massage clinic owners, Equip Massage sells items such as disposable linens, hydraulic tables, massage chairs, and therapy stools — all for a price below typical market rate. The store is open Monday to Friday, 10 a.m. to 4 p.m.

Therapeutic and relaxation massage appointments last an hour, including consultation, assessment and treatment. For hot stone therapy or aromatherapy, the allotted time is 90 minutes.

For general information, or to book an appointment, phone 204-957-2402. You can also phone this number to reach Trisha Neil, retail manager of Equip Massage. Neil can be reached via email at tneill@wellingtoncollege.com.

The student clinic is located at 435 Berry St, Winnipeg, on Wellington College's campus.

For more, visit wellingtoncollege.com.

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For classes beginning February 2013
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Winnipeg Technical College's carpentry program provides students with the kowledge and skill to gain employment in an entry-level position withing the construction industry, including commercial, residential, and rennovations. This is an Apprenticeship Accredited Level 1 program.
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tel: 204.989.6500
WINNIPEG TECHNICAL COLLEGE
Education for Employment

EXCEL IN THE CLASSROOM AS AN EA

UNIVERSITY OF WINNIPEG PHOTO

Have you always dreamed of a career working with kids? It's not too late to start one. In fact, a program that may be ideal for you is accepting applications now.

The educational assistant diploma program (EADP), offered through Professional, Applied and Continuing Education (PACE) at the University of Winnipeg, gives you the mix of theoretical and practical knowledge you need to excel in the classroom.

Educational assistants perform a wide range of duties — they are a highly skilled, flexible, and valued part of the in-class environment. EADP prepares you for this career, with a five-and-a-half month, full-time course load emphasizing childhood development, reading and writing, mathematics, behaviour, and more.

Established more than 20 years ago, the EADP curriculum remains highly respected, not only for its content, but for the quality of practical training it provides its graduates. One of the highlights of the program is an eight-week practicum, during which EADP students gain valuable work experience. They also have the opportunity to meet and dialogue with educational assistants already working in the field.

The next full-time EADP starts Jan. 17, 2013, and enrolment is open now. Please note: While there is no deadline to apply, space in these classes is limited.

Interested applicants can phone 204-982-1811, or email n.stokes@uwinnipeg.ca to receive more information about applying to the program.

You can read more about PACE programs, including this one, at pace.uwinnipegcourses.ca.

FIND YOUR DREAM CAREER WITH ROBERTSON

ROBERTSON COLLEGE PHOTO

In less than a year, Robertson College can train you for the career of which you have always dreamed.

"We want to change students' lives for the better," says Vijay Chintamaneni, campus director, Winnipeg campus. "At Robertson College, we provide you with a high-quality education that gets you job-ready fast. And we give you help when you need it, even after graduation. Our graduates are like family, and we're always there for them."

As a private career college, Robertson offers more condensed, career-focused programs than you will find at either a university or community college. Every program includes a mandatory work placement, along with advice and training in career building, resumé writing, and interviewing techniques. Robertson College graduates therefore enter the workforce having already earned practical, hands-on experience in their fields. They are highly competitive and skilled, and with the support of their college behind them, their employment prospects are bright.

Robertson College offers programs in three areas: Health care; information technology (IT); and business. Enrolment for the next term, beginning in January 2013, is open now.

Whether you are a new arrival to Canada, or simply someone looking for a new career path, Robertson College can help. To schedule an appointment with a Robertson College career councilor, just call the Robertson College direct line at 204-943-5661, or email Info@RobertsonCollege.com. For more, visit robertsoncollege.com.

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Register now for the winter term 2013

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RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

HERZING TEACHES SKILLS YOU NEED

Since 1970, Herzing has prepared thousands of students for careers in health care, business, technology, and law. It's the only college in Manitoba accredited by the Canadian Education and Training Accreditation Commission (CETAC). And it has won the Better Business Bureau's Advancing Marketplace Trust award for the last three years in a row.

These are impressive achievements. But for the faculty at Herzing, accolades aren't the chief source of pride. Building long-term relationships is.

"Herzing College has an extremely low staff turnover," says Bill Riches, college president. "Meaning, if you graduate from one of our programs, then recommend it to family members or friends, the same instructors who were there for you will be there for them."

From year to year, even generation to generation, Herzing provides a consistent quality of education.

Another part of building a successful relationship with students is ensuring their education is an affordable one. If your finances are preventing you from pursuing the training you need, Herzing College may be able to help. Your options may include student loans, grants, or government assistance. Herzing admissions advisers can help you identify the solution that is best for you, free of charge.

ISTOCKPHOTO/THINKSTOCK

Should you start to struggle with your studies, Herzing will help with that, too: Arranging free, one-on-one tutoring, and self-paced remedial courses in math, English and science.

Herzing College programs are designed to teach you the skills employers are looking for. They are led by instructors with industry experience — and supported by career services specialists who maintain strong ties between Herzing and internship hosts and employers. All Herzing programs are driven by advisory boards made up of industry experts and employers.

This dedication to success explains why Herzing College has such a low student dropout rate. For Riches, that's really the whole point.

"We will educate you and work with you until you're employed in your field of study," he says.

"That's our goal. It's why we do what we do. And five or 10 years from now, if you're looking for a new career once again, we'll still be there to help. Your relationship with Herzing College is ongoing — for as long as you need it."

MORE DETAILS

Herzing College is located at 723 Portage Ave. For more information, call 204-775-8175, or e-mail info@wpg.herzing.edu.

You can also visit the college's website at herzing.ca/winnipeg.

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Kelsey McIlwain, left, and Rob Hendershot.

Marine Cerrato, left, and Payam Towfigh.

WINNIPEG TECHNICAL COLLEGE PHOTOS

STORY OF SUCCESS AND HARD WORK

BEGINS AT WINNIPEG TECHNICAL COLLEGE

Payam Towfigh took his first job with State Industries in 1986. Only six years later, he was president of the company. His story is one of hard work and rapid success, and it begins at Winnipeg Technical College (WTC).

Towfigh was new to Canada and eager to build his career when he enrolled at WTC. He chose to study industrial electronics. But he ended up studying much more.

He also made use of the college's auxiliary services, including its English as an additional language (EAL) program. This enabled him to write his test of English as a foreign language (TOEFL) exam and qualify for university. His first job at State Industries began as a practicum through WTC.

While WTC opened doors for Towfigh, it was his own skill and dedication that took him to the top. He has grown State Industries greatly since becoming president: Adding new divisions, new services, such as water-jet cutting, and opening a 40,000-square-foot facility in Winnipeg. The company processes and manufactures polyurethane products for military, agricultural, automotive, and mining industries across North America.

Despite his success, Towfigh hasn't forgotten his days at WTC. And so he gives back. Today, he sits on the college's governing board, and, through State Industries, offers two annual bursaries to students demonstrating financial need.

State Industries has helped WTC students in other ways, too.

Like Towfigh, Marina Cerato began her career at State Industries as part of a WTC practicum. Eleven years later, she is still there. "Everything that I learned at Winnipeg Technical College helps me on the job,' she says.

Rob Hendershot has worked at State for eight years. Tired of his career as a truck driver, Hendershot enrolled at WTC and studied the same program Towfigh did. After being hired, he ran an entire department on his own. Now one employee works with him: Kelsey McIlwain, another WTC grad.

To learn more, call the general line at 204-989-6500, or visit wtc.mb.ca.

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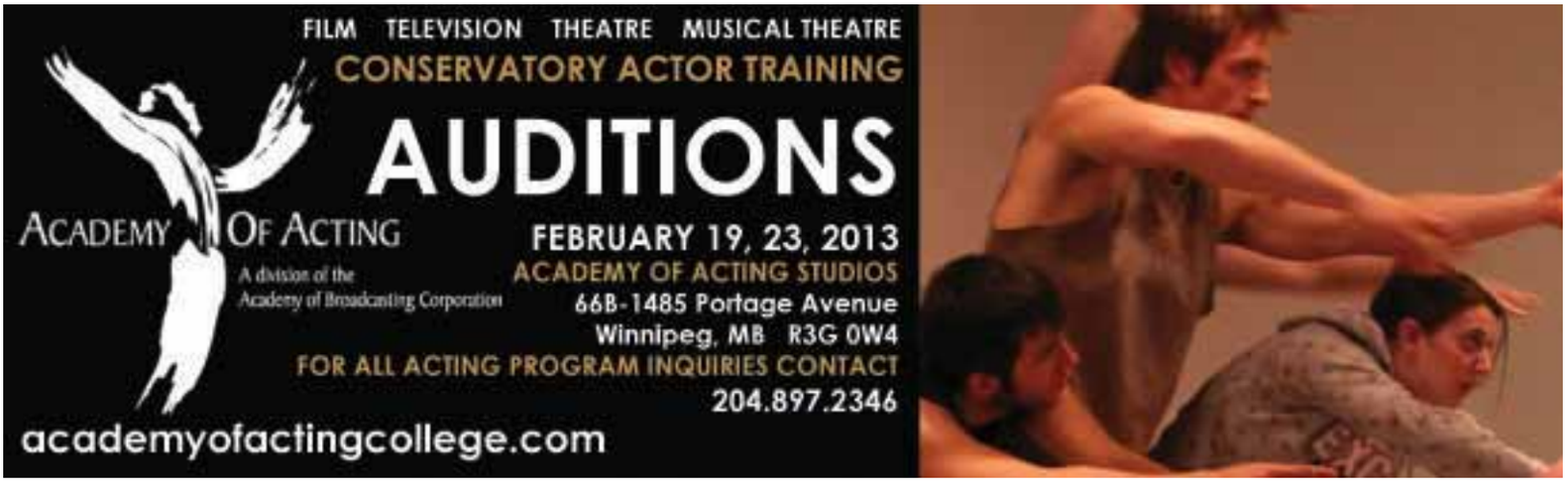


Selig signs off on Jays-Marlins trade

MLB. Naming new skipper is next up on Toronto GM Anthopoulos's to-do list

The Blue Jays, flush with the knowledge that Major League Baseball has OK'd the club's controversial trade with Miami, are poised to name their new manager.

Baseball commissioner Bud Selig approved the 12-player Jays-Marlins trade on Monday after a longer-than-usual review. Jays fans — relieved by the news and excited about the loaded, revamped lineup — can now turn their attention to the managerial hiring. GM Alex Anthopoulos, the talk of the baseball world and the Toronto sports scene, even during Grey Cup week, has been hinting that an announcement is near — perhaps as early as Tuesday, when Anthopoulos has a press conference scheduled to discuss the Marlins deal.

It's also possible that the managerial decision will happen closer to baseball's winter meetings, which start Dec. 1 in Nashville, to steer clear of Grey Cup week.

Interestingly, word out of Boston, where John Farrell is now posted in his dream job as manager, is that the Red Sox could have made a similar deal with the Marlins, but elected not to.

Selig took a week to approve the deal — sending Josh Johnson, Mark Buehrle, Jose Reyes, John Buck and Emilio Bonifacio to the Jays for Yunel Escobar, Henderson Alvarez, Adeiny Hechavarria, Jeff Mathis and three top prospects.

New Blue Jays pitchers Josh Johnson and Mark Buehrle watch a game against the Yankees on April 1 at Marlins Park.
MIKE EHRMANN/GETTY IMAGES FILE

Cabrera deal made official

On Monday, the Blue Jays signed free agent left-fielder Melky Cabrera. The 28-year-old was leading the National League in hitting at .346 for the San Francisco Giants when he was suspended Aug. 15 for a positive testosterone test. THE CANADIAN PRESS

Marlins fans believed Reyes and Buehrle were signed last winter to revitalize the team as a playoff contender as the franchise moved into a new ballpark — built in part with a multimillion-dollar Miami tax fund that Selig pushed for.

Instead, the Marlins, having already dealt former batting champion Hanley Ramirez and ex-closer Heath Bell during the season, dumped $163.75 million in guaranteed salary through 2018.

"It is my conclusion that this transaction, involving established major leaguers and highly regarded young players and prospects, represents the exercise of plausible baseball judgment on the part of both clubs, does not violate any express rule of Major League Baseball and does not otherwise warrant the exercise of any of my powers to prevent its completion," Selig said in a statement.

"I am sensitive to the concerns of the fans of Miami regarding this trade, and I understand the reactions I have heard. Baseball is a social institution with important social responsibilities, and I fully understand that the Miami community has done its part to put the Marlins into a position to succeed with a beautiful new Marlins Park."

TORSTAR NEWS SERVICE

MLS

Beckham's time with Galaxy coming to an end

David Beckham will play his final game for the Los Angeles Galaxy in the MLS Cup next month.

Beckham and the Galaxy announced the midfielder's decision Monday, a day after the defending MLS champions advanced to their second straight league final. Los Angeles faces Houston on Dec. 1.

Beckham isn't retiring, but the superstar gave no hint of his next move.

"I've had an incredibly special time playing for the L.A. Galaxy," Beckham said in a statement. "However, I wanted to experience one last challenge before the end of my playing career. I don't see this as the end of my relationship with the league, as my ambition is to be part of the ownership structure in the future."

THE ASSOCIATED PRESS

NFL

Source says Pats' Gronkowski out 4-6 weeks

No more end-zone spikes for a while from Rob Gronkowski.

A person familiar with the process said Monday the New England Patriots tight end expects to be sidelined for four to six weeks after having surgery for a broken left forearm. The person spoke to The Associated Press on condition of anonymity because there was no official announcement. THE ASSOCIATED PRESS

NFL

Saints' Brees to pledge $1M to Sandy recovery

New Orleans Saints quarterback Drew Brees says he is donating $1 million to Superstorm Sandy relief efforts. Brees told CBS's Person to Person in an interview to air Friday that the donation will come through the Dream Foundation he runs with his wife, Brittany. He did not say who will be receiving the donation.

THE ASSOCIATED PRESS

Saints quarterback Drew Brees
GETTY IMAGES FILE

CFL

Weighty wager for Grey Cup mayors

The Argonauts and the Stampeders aren't the only ones with bragging rights on the line in the upcoming Grey Cup championship.

The mayors of Toronto and Calgary — the two teams' respective hometowns — are also getting in on the action.

Calgary Mayor Naheed Nenshi proposed a friendly wager that would see the losing city's mayor donating his weight in food to the winning city's food bank.

The loser would also wear the winning team's jersey for a council meeting. Nenshi issued the challenge to Toronto Mayor Rob Ford on Twitter. Hours later, Ford tweeted acceptance, adding the Calgary mayor would "look great in Argo blue!"

THE CANADIAN PRESS

NHL requests complete proposal from NHLPA

The NHL is looking to see everything put in writing.

With frustration building and the lockout dragging, the league met with the NHL Players' Association on Monday night and requested that the union put all of its desires for the next collective bargaining agreement together into one complete offer.

"It's our position that we've made a couple comprehensive proposals in a row," said deputy commissioner Bill Daly. "We'd like to know where they are on all of the issues. We asked that they put together a comprehensive proposal for us to consider."

The sides have been unable to agree on proposed changes to player contract rights and how to share revenue, and will also need to sort out how they pay for the damage of a lockout. While they've exchanged ideas verbally in recent weeks, the league doesn't feel as though it has a complete picture of where the players stand.

Quoted

"I don't really know what to expect."

NHL deputy commissioner Bill Daly after the league asked the NHLPA to table a full proposal

Donald Fehr, the NHLPA's executive director, said he would take the league's request into consideration and make contact again on Tuesday morning. He thinks "it's more likely than not" the sides will then meet for a second straight day.

However, it remains to be seen whether the union is ready to table a full proposal.

"We asked. I certainly hope it's something they'll consider. I think that's something they're deliberating on," said Daly.

Fehr and commissioner Gary Bettman discussed the possibility of taking a break from talks last week, but Fehr thought it would be best if the sides continued to meet

After initiating Monday's session, the union didn't arrive with a new offer. Instead, Fehr was hoping to engage the league in a discussion on core economics and player contract issues.

THE CANADIAN PRESS

Horoscopes

Aries
March 21 - April 20
If what you are doing with your life is not to your liking then change it. The Sun's move into Sagittarius tomorrow will encourage you to head off in a completely new direction. What are you waiting for?

Taurus
April 21 - May 21
Even if your money situation is dismal, things will improve dramatically over the next few days so don't despair. An improved outlook might help as well. There are more important things in life to worry about than cash.

Gemini
May 22 - June 21
The Sun crosses the partnership angle of your chart tomorrow, making it essential that you get along with people on a one-to-one level. Think of everyone you meet as your friend — and you will benefit in remarkable ways.

Cancer
June 22 - July 23
If there is anything strenuous that needs to be done, you should get it out of the way today because when the Sun moves into the wellbeing area of your chart tomorrow, you probably won't be up to it. Get going.

Leo
July 24 - Aug. 23
By all means, be active but look ahead a few moves as well. It will spare you a lot of setbacks and maybe a few cuts and bruises too. And try to be patient with people who move more slowly than you.

Virgo
Aug. 24 - Sept. 23
No matter how fit you may feel right now, the exertions of the past few weeks will catch up with you quite quickly. Plan a few quiet evenings in with loved ones. They will appreciate it — and so will you.

Libra
Sept. 24 - Oct. 23
The cosmic picture is beginning to change and by the end of the week you will be getting out and about and meeting new people. Friendships and love affairs are under excellent stars — just don't get them mixed up!

Scorpio
Oct. 24 - Nov. 22
You have done a lot in recent weeks and can feel proud of yourself, but over the next few days you will have to work even harder to safeguard your gains. The price of success is eternal vigilance.

Sagittarius
Nov. 23 - Dec. 21
Clear out all that is old and worthless in your life so there is room for bigger and better things to come in. That applies to people as much as to possessions. Your own needs must come first now.

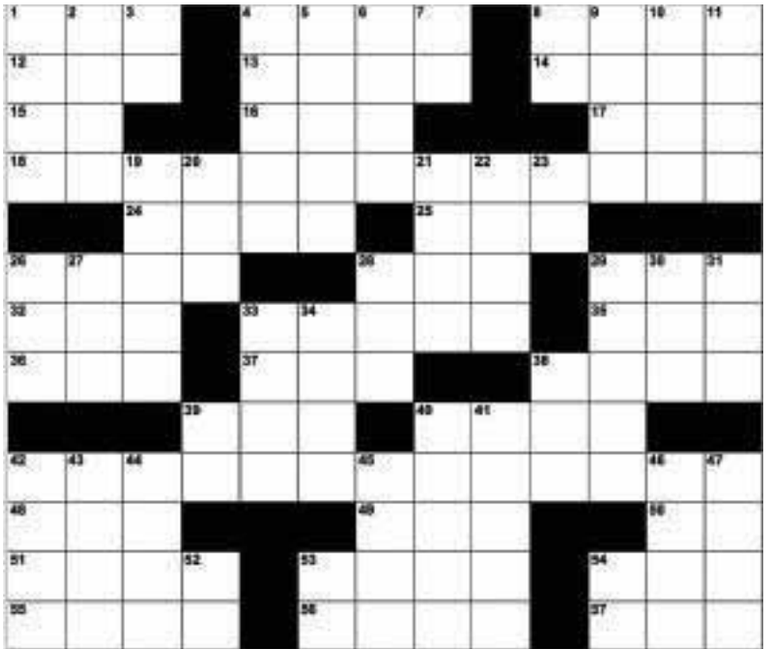
Capricorn
Dec. 22 - Jan. 20
The next few weeks are going to be of the utmost importance. Think about what you want to be doing from the time of your next birthday for the following 12 months. How can you prepare the ground? Start now.

Aquarius
Jan. 21 - Feb. 19
Positive thinking can take you only so far. At some point you have to move from thinking to doing. The Sun's change of signs tomorrow will show you new ways to get ahead. Hard work must come from you.

Pisces
Feb. 20 - March 20
It is time to decide, once and for all, what your priorities are going to be. Don't listen to what other people tell you, listen only to your own inner voice. The choices you make now will have long-term consequences. **SALLY BROMPTON**

Crossword

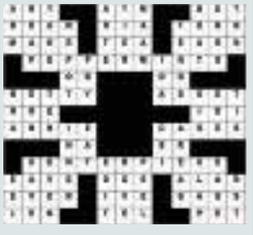
BY BETTY MARTIN



Across
1. Southern st.
4. Rig
8. — Network Canada
12. Light
13. British bus
14. Erected
15. Railway extension
16. "Con —"
17. Term of endearment
18. Drive in the country to see these (2 words)
24. Bratty children
25. Wager
26. Actress — Ward of Once and Again
28. Hawaii's Mauna —
29. Corner —
32. Before
33. Talk show host DeGeneres
35. Actors Norton and Murphy
36. Reply (abbr.)
37. Pilfer
38. Suit accompaniment
39. — the season
40. Nickel or dime
42. 1970's John Ritter sitcom (2 words)
48. Exclamation of surprise
49. Entourage role
50. Apiece (abbr.)
51. Angers
53. Proofreaders word
54. Aries sign
55. Skirt edge
56. — than Perfect
57. Vocalized pauses

Down
1. Type of market
2. To Sir, With Love singer
3. Tree chopping tool
4. Used on an envelope
5. Moran, and others
6. Copage of Julia
7. — a Big Girl Now
8. Radio dial
9. Waikiki island
10. Aroma
11. Lairs
19. Floor coverings
20. Thurman of Kill Bill
21. Woodwind instrument
22. "— on Me"
23. Bible pt.
26. Health resort
27. Eagle
28. Law degree (abbr.)
29. Actress Davis of Commander in Chief
30. Commercials
31. Fast jet, of old
33. A great lake
34. Defeat
38. Exclusive area of a nightclub
39. – Diem
40. Centres
41. Leave out
42. — Old House
43. Rodent
44. Perlman of Cheers
45. The Curious Case of Benjamin Button actress Blanchett
46. Close by
47. Sweet potatoes
52. Size before med.
53. She played Ellie Bartowski in Chuck (init.)
54. Concerning (abbr.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	9	3					5	
4					9		8	
5			2		3	6		
	4			7		5		1
7		1		5			9	
		9	4		8			7
	2		7					3
	6					8	4	

Yesterday's Sudoku

6	1	9	3	7	4	5	2	8
8	4	7	9	5	2	3	1	6
3	5	2	6	1	8	9	7	4
9	7	8	5	2	3	6	4	1
2	3	5	4	6	1	7	8	9
4	6	1	7	8	9	2	3	5
1	9	4	2	3	6	8	5	7
7	2	6	8	4	5	1	9	3
5	8	3	1	9	7	4	6	2

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 5° MIN: -4°	MAX: 2° MIN: -1°	MAX: 3° MIN: 1°

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